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Tuesday



An injured Israeli soldier returns from Lebanon.

**War Wounds:** Fierce fight takes a toll on Israeli soldiers | 9

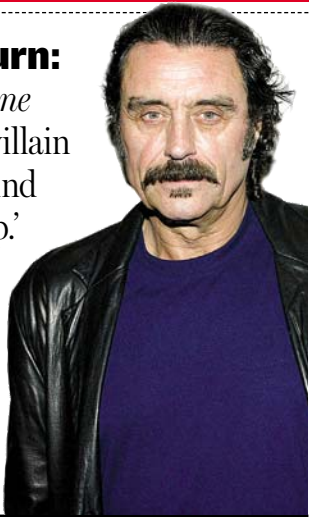
**Trade Impasse:** WTO talks collapse over aid to farmers | 9



**Giant Target:** Baseball's most polarizing player comes to town | 19

ENTERTAINMENT

**Good Turn:** Ian McShane leaves his villain image behind with 'Scoop.' Also, Bone Crusher's musical 'prequel.'



Weather >> Sun, Storms



88 | 68

FULL FORECAST ON PAGE 34

## Little Progress in Beirut Visit

In tense meeting, Lebanese officials reject Rice's peace plan

BEIRUT, LEBANON | Secretary of State Condoleezza Rice disappointed her Lebanese hosts Monday by saying in a face-to-face visit that the U.S. would not press Israel for a quick cease-fire without addressing the longer-term threat from Hezbollah.

With little diplomatic progress to show for her lightning trip to Beirut, the Bush administration instead focused on the announcement of \$30 million in humanitarian aid for Lebanon, which has borne the brunt of fighting

between Israel and Hezbollah guerrillas. Lebanese leaders had hoped Rice's trip would hasten a cease-fire in the fighting between Israel and the Hezbollah militants in Lebanon that has claimed hundreds of lives, mostly Lebanese civilians.

In a meeting that appeared tense, Prime Minister Fuad Saniora told Rice that Israel's bombardment had taken his country "backwards 50 years," the prime minister's office said. And Nabih Berri, Lebanon's parliament



Rice

speaker and Hezbollah's de facto negotiator, rejected proposals brought by Rice almost as soon as she left.

Rice, reflecting the U.S. view that a quick cease-fire would not be sustainable, had proposed instead that

the fighting stop at the same time that an international force be deployed in southern Lebanon, an official close to the speaker said.

KATHERINE SHRADER (AP)

## Scorched Calif. Declares Power Emergency



**HEAT SHIELDS:** Meta Baines, left, and Tasha Thornton use umbrellas to protect themselves from the sun in Los Angeles on Monday. With California's electrical system straining under a weeklong heat wave, officials warned that rolling blackouts were possible. ♦ **Lights out:** Many still feeling earlier blackouts | Page 5

**EYE FOR AN EYE | Paint and Suffering** A Painesville, Ohio, judge on Thursday ordered two paintball shooters to take aim at their own cars if they wanted to stay out of jail. Joshua Breeding and Christopher Lyons were found guilty of splattering



another man's vehicle with paintballs in May. They each got a sentence of 60 days in jail, or, the judge said, they could do 40 hours of community service — and shoot their own cars with paintballs and clean up the mess. (EXPRESS) **EyeOpeners** | Page 2



# eyeOpeners

## MONOPOLY

### Don't Leave Park Place Without It

A new version of Monopoly has phased out the cash in favor of debit cards, Sky News reported. Instead of the tangible money, players have cards that keep track of their balance by using a small electronic machine, held by the banker player, that reads the card. The reader keeps tracks of players' earnings and payments. Company spokesman Chris Weatherhead said the game is simply keeping up with the times: "The new electronic Monopoly reflects the changing nature of society and the advancement of technology." The electronic version costs about twice as much as the standard cash version. (EXPRESS)



## CELEBRATIONS

### Thanks, Jesus! Thanks a Lot, Judge

Junior Stowers of Honolulu, Hawaii, raised his hands and exclaimed, "Thank you, Jesus!" in court last month when he was acquitted of abusing his son. But his joy was short-lived when the

judge held him in contempt of court for the "outburst" and threw him in jail. Stowers sat in the courtroom and a cell-block for about six hours until the judge granted him a hearing on the contempt charge and released him. The judge at a July 7 hearing dropped the contempt charge, a petty misdemeanor that carries up to 30 days in jail. (AP)

## JOCKEYS

### When the Whip Just Isn't Enough

Jockey Paul O'Neill will be investigated by the sport's governing body

after replays showed him head-butting his horse, City Affair. The Horseracing Regulatory Authority made the decision Monday to hold an inquiry after reviewing TV footage from the incident at the Stratford races on Sunday. "We

## JUMPING THE GUN

### Season's Heatings

"Christmas in July" isn't just some lame-o attempt to lure shoppers into Kmart — at least, not for the Kriss Kringle-crazed participants of the annual World Santa Claus Congress. The event started Monday at the Dyrehavsbakken amusement park in Klampenborg, Denmark, with attendees from all over the world. The Santas took part in a parade as temperatures reached 82 degrees. For those counting down: five more months until Christmas. (EXPRESS)



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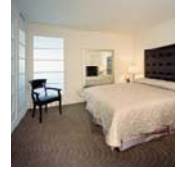
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"Everyone who watches the show knows that what is being said is a joke and that it's about silly topics. —Rep. Robert Wexler on his appearance on the Comedy Central show the Colbert Report, when he jokingly said, "I enjoy cocaine because it's a fun thing to do."



## Nation

### In Brief



Policemen George Sheridan, right, and Rod Russell discuss the case Monday.

#### MUNCIE, IND.

#### FBI Joins Investigation Into Highway Sniper Attacks

The FBI joined the investigation Monday into the sniper attacks that killed one person and wounded another along two Indiana interstates, and police searched fields, overpasses and roads for evidence. Sniper attacks on two trucks on Interstate 65 killed a man and wounded another person early Sunday. Two hours later, bullets struck a two vehicle on I-69. (AP)

#### BOSTON

#### Big Dig Chief Sues to Block Demotion by Gov. Romney

The head of the agency that oversees the troubled Big Dig highway project filed suit Monday seeking to prevent the governor from ousting him from his \$223,000-a-year job. In the lawsuit, Matt Amorello asks a justice of the Supreme Judicial Court to block Gov. Mitt Romney from demoting him as chairman of the Massachusetts Turnpike Authority. (AP)

# Bush Pushes Immigration Measure

## President honors new citizens, urges progress over bill in Congress

WASHINGTON | President Bush presided over a citizenship ceremony Monday for three soldiers injured in Iraq, calling them "men who knew the cost of freedom and were willing to pay that cost so others could live free."

Bush also used his visit to the Walter Reed Army Medical Center to promote his stalled proposal for overhauling the nation's immigration laws. He urged Congress to break the current stalemate and pass comprehensive legislation.

The three injured soldiers who became citizens were Spc. Noe Santos-Dilone, Spc. Sergio Lopez



**SIGNING ON:** Pfc. Eduardo Leal-Cardenas, 21, uses President Bush's podium to sign his name on his naturalization document in Washington on Monday.

### Guest-Worker Plan

→ In an attempt to strike a pre-election compromise on immigration, two GOP lawmakers will unveil a new proposal aimed at guest workers. | **Today, A Section**

**IN** The Washington Post

and Pfc. Eduardo Leal-Cardenas. Santos-Dilone was a citizen of the Dominican Republic and the other two were citizens of Mexico.

Santos-Dilone was injured last Sept. 6 when the convoy in which he was riding was bombed. Lopez was injured when his Humvee was hit by a roadside bomb south of Baghdad last Jan. 6. Leal-Cardenas was injured by a roadside bomb last Dec. 6 while on a mission just south of Baghdad. NEDRA PICKLER (AP)

# Democrats Offer New Economy Plan

## Clinton assails Bush, promises programs to aid middle class

DENVER | Sen. Hillary Rodham Clinton, sounding a lot like a 2008 presidential candidate Monday, accused President Bush and the Republicans of making a mess of the economy and failing to ensure affordable services for the nation's middle class and poor.

"It's the American dream, stupid," said the former first lady in a riff on

her husband's successful 1992 campaign mantra — "It's the economy, stupid."



Clinton

"They're not taking care of America. They're bankrupting our country and failing to address the problems," the New York senator said, citing skyrocketing gas, college and health-care costs and lamenting a GOP "failure to provide Americans with economic security."

She unveiled the "American Dream Initiative," a package of economic proposals aimed at strengthening the middle class and helping the poor work out of poverty.

The 20-page document proposes steps to curtail federal spending, make college more accessible, ensure solvent retirement accounts and make health care more affordable, all with the goal of correcting the country's current "misguided economic philosophy" and providing opportunities to get ahead.

LIZ SIDOTI (AP)

## Boston Woman Killed at Shrine To Slain Brother

BOSTON | On the fourth anniversary of her brother's slaying, a woman lighting candles at a makeshift shrine to him was gunned down, killed at about the same spot, on the same day and at nearly the same hour as her older sibling.

Police said they don't know who shot her or why.

The woman was killed Saturday at about 11:30 p.m. in the city's Roxbury neighborhood. (AP)

# Allergies?

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**FRUIT FAKE-OUT:** Cookie lovers seem more likely to eat apples and other fruits than salty snacks, suggests a new study. If true, that finding might be useful in encouraging people with a sweet tooth to eat healthier foods instead, according to a new study.

## Nation

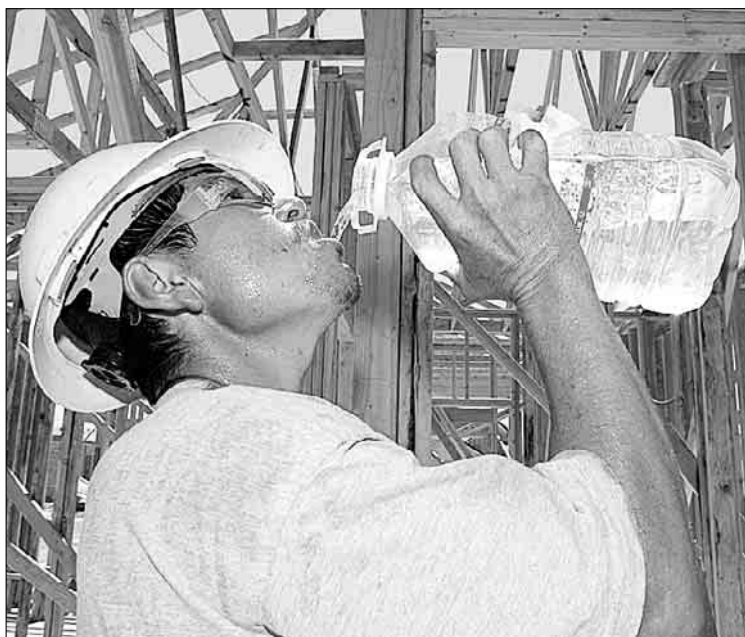
# Heat Wave Spurs Calif. Power Crisis

More blackouts feared as high temperatures drive electricity usage

**SACRAMENTO** | Scorching heat pushed California's electricity supply to the brink Monday and threatened another round of blackouts as utility crews across the state struggled to restore power to tens of thousands of people.

Authorities warned that the eighth day of the heat wave could drive demand for electricity in California to an all-time high. Some businesses cut their power usage under a program that grants them lower rates if they agree to conserve during a crisis.

California Gov. Arnold Schwarzenegger directed state agencies to reduce electricity use



**WATER BREAK:** Arturo Guerero takes a water break while framing a new home at a construction site in Rancho Cordova, Calif., amid sweltering temperatures Monday.

### NO RELIEF FROM THE HEAT Temperatures across the U.S. have caused severe problems:

- In New York, thousands of Queens residents were facing their second week without power.
- In Arizona, heat reaching 114 degrees is believed to have contributed to two deaths.
- In St. Louis, about 237,000 homes and businesses were still without electricity Monday, down from 500,000 last week.

by 25 percent and turn off unnecessary equipment. He urged local and municipal governments and universities to do the same.

With temperatures again expected to top 100 degrees, power demand was projected to reach an all-time high Monday (AP)

## Chicago Leaders Vote to Pass New Restrictive Laws

**CHICAGO** | If you're a cell phone-using, goose liver-eating, cigarette-smoking, fast food-loving person, Chicago might not be your kind of town.

In this city that once winked at Prohibition, members of the City Council are trying to crack down on things they deem unhealthy.

A proposal that would restrict fast-food chains from cooking with artery-clogging trans-fat oils got a public airing last week, and in the past year alone aldermen have banned smoking in nearly all public places and the use of cell phones while driving.

Critics, including the mayor, wonder if the City Council has suddenly deemed itself the behavior police. (AP)

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## In Brief

VIENNA, AUSTRIA

**Albanian, Serbian Leaders Meet About Kosovo's Status**

Top ethnic Albanian and Serbian leaders were as divided as ever Monday during their first face-to-face talks over Kosovo's future. Ethnic Albanians arrived at the unprecedented talks insisting that their tiny province be independent. Serbs said they were ready to offer broad autonomy, but wanted to keep Kosovo within Serbian borders. Kosovo's status was last formally discussed in 1999 at the height of the war that pitted Serbian troops loyal to former Yugoslav President Slobodan Milosevic against ethnic Albanian separatists. (AP)



Supporters of Andres Manuel Lopez Obrador rally in Mexico City on Monday.

MEXICO CITY

**Leftist Candidate's Backers Maintain Protests Over Vote**

A top adviser to leftist presidential candidate Andres Manuel Lopez Obrador said Monday the July 2 election should be annulled if there is no recount, and that conservative Felipe Calderon won't be able to govern with such a weak mandate. Lopez Obrador's supporters continued their protests Monday, blocking the entrance of the Mexican stock exchange before marching to the home of President Vicente Fox. (AP)

BRUSSELS, BELGIUM

**EU Decides to Continue Funding Stem Cell Research**

The European Union decided Monday to continue funding human embryonic stem cell research, although new rules adopted by the 25-nation bloc prevent cloning humans and destroying embryos. The funding will come from the EU's \$65 billion research budget for 2007-2013. (AP)

# Fighting Takes Toll on Israeli Troops

## Battles in Lebanon's Hezbollah strongholds a scene of destruction

ON THE ISRAEL-LEBANON BORDER | The heavy guns thundered before dawn Monday, sending deadly shells crashing down into the Lebanese border town and paving the way for the advancing Israeli tanks and troops.

By daybreak, bloody and bruised soldiers, shock etched deep in their faces, were streaming back over the border into Israel.

The incessant crackle of gunfire pierced the air as explosions over the hills surrounding Bint Jbail kicked up plumes of gray smoke. All the while, tanks rolled back into Israel, ferrying the wounded over the rocky, barren landscape.

Two Israeli soldiers were killed and at least 20 were wounded Monday, the army said, as guerrillas in the town, a Hezbollah stronghold, issued a withering barrage of bullets, anti-tank missiles and mortar shells.

Maj. Gen. Gadi Eizenkot, chief of operations for the Israeli Defense Force, said between 100 and 200 Hezbollah fighters were fortified inside the town, while much of the civilian population had fled. Hezbollah, he said, suffered dozens of casualties.



FRONT LINES: Israeli soldiers comfort each other after returning from heavy fighting in southern Lebanon on Monday.

One by one the wounded were carried out on stretchers. One young soldier had blood streaming down his leg, which was bound with a tourniquet. Another lay still on a stretcher, only his twitching legs indicating that he was alive.

Israel appeared to be easing its bombardment in populated areas and roads in Lebanon that has killed hundreds, displaced as many as 750,000 and dismembered the

**War Goes on YouTube**

→ Gripping video footage of the Mideast conflict's most personal impact—from Haifa to Beirut—can now be seen on popular Web sites like YouTube.com | **Today, AI**

**The Washington Post**

transportation network. Instead, it appeared to be focusing its firepower on Hezbollah at the front. Beirut saw no strikes all day.

Those wounded in the battle Monday were rushed to Haifa's Rambam hospital for treatment, some of them straight into surgery.

"You never think that your brother will be wounded in the army. It is the kind of thing that only happens to other families," said Daniel Gino, 19, whose 23-year-old brother was being operated on to remove a bullet from his shin. BENJAMIN HARVEY (AP)

# WTO Talks Suffer 'Serious Setback'

## Members move to halt negotiations started in '01 on trade barriers

GENEVA | WTO members called a halt to more than five years of commerce liberalization talks Monday as differences over farm aid proved unbridgeable.

Pascal Lamy, director-general of the World Trade Organization, said a deal billed as a recipe for lifting millions of people worldwide out of poverty would not be reached by the end of the year.

"We are in dire straits," Lamy said after six of the WTO's most



WTO chief Pascal Lamy said Monday that negotiations were in "dire straits."

powerful members failed to agree on steps toward liberalizing trade in farm and manufactured goods. He said he did not intend to propose any new deadlines or a date for negotiators to resume meeting.

The European Union criticized U.S. intransigence over agricultural subsidies for the breakdown, while the U.S. blamed Brazil and India for being inflexible on cutting barriers to industrial imports and the EU for refusing to make deeper cuts in its farm import tariffs.

Some ministers also warned Monday that the suspension of the talks, which began in Qatar in 2001, might also cause an increase in the number of trade disputes being brought to the WTO.

"This is a serious setback, a major setback," said Brazilian Foreign Minister Celso Amorim.

BRADLEY S. KLAPPER (AP)

# Taliban Attack Afghan Police

KABUL, AFGHANISTAN | Heavily armed Taliban militants in pickup trucks attacked a district police headquarters Monday and killed three officers, while authorities killed four suspected suicide bombers as the violence that has ravaged southern Afghanistan crept into the west.

Two coalition soldiers, meanwhile, were seriously wounded in a suicide car bombing near Kandahar. The fighting came as NATO-led forces prepared to take over command of security operations in the hard-line militia's former southern heartland. (AP)

## World



**LAW & DISORDER:** India's parliament, which witnesses ample action, melodrama and comedy, got a new platform Monday to showcase it all: its own 24-hour TV channel. The channel is also planning to offer music, dance and clips of cultural interest.

# In Congo, Army Keeps Fears Alive

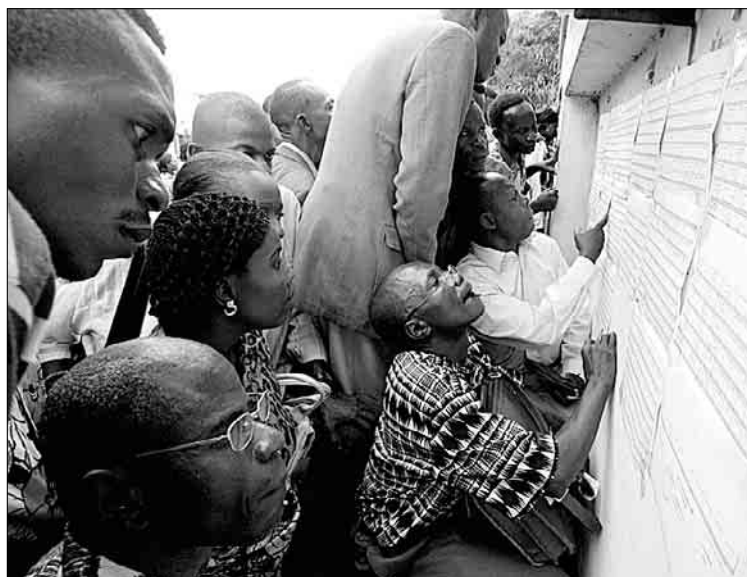
Ahead of landmark elections, distrust of soldiers looms large

**GOMA, CONGO** | Elections on Sunday are supposed to herald the birth of a new Congo, but that future is threatened by old soldiers who won't give up their habits of looting, raping and killing.

Disgruntled men with guns have dragged countries back into war before, after peace treaties were reached and implemented. The problems of Congo's army are a textbook example of why that happens, with former militiamen and rebels integrated into a little-trained and poorly paid force led by former warlords.

The army has been accused of looting villages and raping and killing civilians, even during joint operations with U.N. peacekeepers.

Ministry of Defense spokesman Delion Kimbu sought to play down the problem, though he acknowledged soldiers have burned homes



**STEPPING FORWARD:** Election workers check for their polling station assignments outside the offices of the electoral commission in Kinshasa, Congo, on Monday.

and attacked civilians. "Even U.N. soldiers have been accused of crimes and abuses," he said. "Our army also has its problems."

Some 17,600 U.N. troops are in Congo to help the army secure Sunday's vote, the first democrat-

ic presidential and parliamentary elections in four decades.

Congo's east is particularly worrisome. Here, militias from Congo and Rwanda kill, loot and rape despite a 2002 peace deal that ended fighting elsewhere.



→ **Land:** The Democratic Republic of the Congo is nearly three times the size of Texas.

→ **Population:** More than 58 million people, of whom about 25 million are registered to vote.

→ **Religion:** Christian 70%, Muslim 10%, indigenous beliefs 20%.

→ **Resources:** Teobalt, copper, diamonds, gold, silver, tin and coltan make it one of Africa's most mineral-rich countries. (AP)

Between 1996 and 2002, some 4 million people died in Congo, most from war-related hunger and disease. Peace deals brought many militia fighters into the army.

Clarice Kahindo, 28, said "even the rebels" were better than the soldiers. "These people are not soldiers; they are government militiamen."

ANJAN SUNDARAM (AP)

## U.S. Troops in Iraq Focusing on 'Death Squads'

**BAGHDAD. IRAQ** | American troops are stepping up operations in the Baghdad area to combat "death squads" and dampen the violence threatening the new unity government, a U.S. general said Monday.

U.S. and Iraqi forces conducted 19 operations last week targeting death squads, U.S. spokesman Maj. Gen. William Caldwell told reporters. All but two were in Baghdad, he said.

Security in the Iraqi capital is expected to figure prominently in talks Tuesday in Washington between President Bush and Prime Minister Nouri al-Maliki.

Many of the death squads are believed to be associated with either Sunni or Shiite armed groups. On Monday, the city morgue in Kut reported receiving 19 bodies — blindfolded and some showing signs of torture. They were believed to be victims of sectarian death squads, city officials said. (AP)

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Local

ARLINGTON, VA. | IN THE SERVICE



MICHEL DUCILLE/TWP

**BRANCHING OUT:** Joshua Malik ascends a rope Monday to repair a tree at Arlington National Cemetery during "Renewal & Remembrance Day." Malik was among nearly 200 land-care professionals volunteering their service.

## Fairfax County Gives Engineers Flood Data

Officials provide 6 studies on protecting homes from watershed

ALEXANDRIA, VA. | The U.S. Army Corps of Engineers is investigating flooding last month that seriously damaged more than half of Huntington's 311 homes, making it one of the hardest-hit areas in the region.

Fairfax County officials have forwarded to the Corps a virtual library of data for the inquiry. It includes at least six studies by government agencies examining the neighbor-

hood near the tip of the Cameron Run watershed, which drains runoff from a 42-square-mile area into the Potomac River.

Two of the reports — one completed in 1977 and the other in 1982 — recommended a flood wall or earthen berm to protect against flooding. Officials say the measures were considered too expensive.

County officials, meanwhile, have declined to speculate on what caused Cameron Run to rise an estimated 14 feet in some locations June 25, blowing out windows, buckling brick walls and drenching basements in raw sewage. (AP)

## Officer Gets His Job Back

Police official lost his position after talk to Georgetown residents

WASHINGTON | A police commander who made a racially insensitive remark following a Georgetown slaying returned to his position Monday after being reassigned.

On July 10, Cmdr. Andy Solberg spoke to residents of the neighborhood who had gathered to express concerns about the killing of Alan Senitt, 27, an intern for the poten-

tial presidential campaign of former Virginia Gov. Mark R. Warner.

Senitt's throat was slit one day earlier during a robbery as he and a female companion returned from a movie. Police say Senitt's attackers attempted to rape the companion.

"At 2 o'clock in the morning on the streets of Georgetown, a group of three people — one of whom is 15 years old, one of whom is a bald, chunky, fat guy — are going to stand out," said Solberg, referring to the suspects. "They were black. This is not a racial thing to say that black

people are unusual in Georgetown. This is a fact of life."

Solberg, who is white, was reassigned the next day to the department's security services division, said a police spokesman.

Police Chief Charles H. Ramsey said he took "corrective action" against Solberg before reinstating him as acting commander of police District 2. BRIAN WESTLEY (AP)

**'Crash' course:** Solberg must create police academy lesson based on Oscar-winning flick. Today, Metro

### In Brief

WASHINGTON

#### Curfew for Teenagers to Be Enforced Starting Monday

Teenagers have another week before they'll have to comply with an earlier curfew. Beginning Monday, children under 17 years old will have to be off the streets between 10 p.m. and 6 a.m. Mayor Anthony Williams included the earlier summer curfew hours in his crime-emergency legislation passed by the D.C. Council on Friday. However, the Council modified the legislation — in effect through the end of April — so that

five days notice was required before the earlier curfew could be enforced. After that, Williams will have to issue an executive order to extend it. (AP)

WASHINGTON

#### HIV Testing at D.C. Jail to Be Available on Admission

HIV testing at the jail remains voluntary, but officials hope making the tests automatically available when adults are first admitted to the system will encourage more testing. Department of Corrections director Devon Brown said the testing is being stepped up as part of a city-wide effort to promote HIV awareness. The District has the highest rate of new AIDS cases in the coun-

try, with nearly 180 per 100,000 residents. A health department spokeswoman said the District's screening program lets jail inmates opt out whenever they choose. (AP)

WASHINGTON

#### In 5 Years, Speed Cameras Bring in More Than \$110M

The automated speed-camera program is marking its fifth anniversary by reporting more than \$111 million in fines collected since its inception. According to police, the \$2.3 million in fines collected last month brings this year's total to more than \$16 million. That's well ahead of last year's pace, when a record \$28.9 million was collected. (AP)

HEARSAY | SUPPORT

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—DAN KAUFMAN, MD. STATE TEACHERS UNION SPOKESMAN, SAYING THAT THE ORGANIZATION WOULD ENDORSE BALTIMORE MAYOR MARTIN O'MALLEY FOR GOVERNOR.

## The Lotteries

Monday, July 24

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Mid-day Lucky Numbers	0-2-3
Evening Lucky Numbers	0-8-8
Mid-day DC 4	8-5-4-9
Evening DC 4	4-7-8-5

Rolling Cash Five **17-7-35-26-19**  
Daily 6 **14-39-5-31-8-24 (10)**

### MARYLAND

Mid-day Pick 3	8-1-3
Evening Pick 3	5-7-2
Mid-day Pick 4	5-8-2-9
Evening Pick 4	6-4-6-0
Match 5	6-10-11-14-23 (34)

### VIRGINIA

Mid-day Pick 3	4-6-9
Mid-day Pick 4	3-6-6-9
Mid-day Cash 5	04-09-27-31-34

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# Money

## AOL Weighs Risky Service Overhaul

Time Warner's board to review plan to make features free of charge

NEW YORK | The company responsible for introducing millions of people to the Internet is poised to undergo a transformation that would likely accelerate its decline as a gatekeeper of access to the information superhighway.

Time Warner Inc.'s board is expected to review on Thursday a proposal for its AOL LLC online unit to make even more services free, likely including the vaunted AOL.com e-mail accounts, in hopes of boosting advertising.

The strategy is risky: Millions of customers would likely drop their paid subscriptions, and AOL would lose hundreds of millions of dollars a year, perhaps even a billion or more, for the promise of an advertising payoff sometime in the future.

But AOL has little choice. Its subscription business will keep eroding regardless. Internet advertising, meanwhile, is booming industry-wide, and opportunities abound with ad-supported online video, where AOL is strong.



Dulles, Va.-based AOL is poised to offer more of its Web services for free.

"It's a risky game they're playing, but it would be riskier not to play," said David Hallerman, a senior analyst with eMarketer Inc.

As Americans turned to cable and phone companies for high-speed service, they saw less need to pay AOL simply for the exclusive content.

It's not clear what else might become free. It's possible AOL would charge separately for parental control and security software, so users wouldn't need the entire subscription package simply for those programs. ANICK JESDANUN (AP)

## In Brief

NASHVILLE, TENN.

### Hospital Operator HCA Headed for \$21.3B Buyout

The board of HCA Inc. is recommending the nation's largest for-profit hospital operator accept a \$21.3 billion deal to take the company private in one of the largest leveraged buyouts ever. The deal, which would involve the assumption of \$11.7 billion in debt, comes while HCA is struggling with sliding earnings, slow growth and escalating costs for uninsured patients. The buyout would take the Nashville-based company private for the second time since its initial public offering in 1969, and it would give HCA time to turn around its market performance. (AP)

WASHINGTON

### Oil Trades at \$75 a Barrel On News of Refinery Snags

Oil prices jumped to \$75 a barrel on Monday following reports of several refinery snags that helped push gasoline futures higher. Earlier in the day, prices had fallen on traders' growing belief that the violence in Lebanon and Israel is unlikely to spread across the oil-producing region. But reports of refinery snags from Texas to California reignited concerns about fuel supplies during the busy summer driving season. (AP)

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## Market Action

### New York Stock Exchange

#### Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
ExcoRes n	12.10	+1.85	+18.0
Polo RL	55.40	+7.50	+15.7
Applica h	3.96	+.50	+14.5
Mdbklns	11.30	+1.36	+13.7
GerbSc	14.82	+1.38	+10.3

#### Losers

SeaCntB If	4.86	-.34	-6.5
HghldsCr n	19.82	-1.18	-5.6
Newkirk n	16.05	-.90	-5.3
FrankCov	6.15	-.33	-5.1
DmRsBW	34.13	-1.75	-4.9

### NASDAQ Stock Market

#### Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Cardiom g	12.15	+3.24	+36.4
Parkrvsn	6.90	+1.33	+23.9
PegasusW n	6.59	+1.23	+22.9
MER Tie	2.58	+.45	+21.1
<B>Jomai n	3.00	-.02	-0.7

#### Losers

ChinaBAK n	4.67	-2.12	-31.2
BostnCom	2.79	-1.22	-30.4
Astec	21.70	-5.94	-21.5
VirtualSco n	3.10	-.71	-18.6
RainingD If	3.85	-.65	-14.4

### Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.25	8.25
Fed Funds close	5.25	5.3125
3-month disc	4.96	4.97
2-year	5.08	5.12
10-year	5.05	5.07
30-year	5.11	5.10

### Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5406	.5380	.5756
Canadian Dollar	1.1408	1.1378	1.2187
European Euro	.7918	.7881	.8289
Japanese Yen	116.79	116.18	111.20
Mexican Peso	10.8795	10.9335	10.6090
Taiwanese Dollar	32.80	32.69	31.54

DOW	NASDAQ	S&P 500
+182.67	+41.45	+20.62
+1.68	+2.05	+1.66
11051.05	2061.84	1260.91

### Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	66.87	+.72	-15.2
Amylin	46.44	+.73	+16.3
BiogenIdc	41.20	+.47	-9.0
Celgene s	47.60	+1.62	+46.9
ChRvLab	35.55	+.15	-16.1
GenProbe	54.29	+.96	+11.3
Genentch	80.37	+2.44	-13.1
Genzyme	66.18	+2.27	-6.5
GileadSci	60.41	+.70	+14.9
Imclone	35.30	-.56	+3.1
Invitrogn	63.39	+1.49	-4.9
Medmun	25.63	+.19	-26.8
MillPhar	9.60	+.28	-1.0
QIAGEN	14.91	+.57	+26.9
VertexPh	35.05	+.69	+26.7



**'GREY' SPRINGS ETERNAL:** Can't get enough of that McDreamy stuff? Lifetime will be running old "Grey's Anatomy" episodes daily — starting in 2009. Lifetime snatched up the medical soap after a deal between ABC and the cable nets Oxygen and TNT fell through.

## Entertainment



**YOU CAN'T CALL HIM AL:** McShane leaves his "Deadwood" persona behind to co-star with Scarlett Johansson in "Scoop."

# Lightening Up

**For versatile actor Ian McShane, it's no more Mr. Vicious Guy**

**A NEW MAN** | Ian McShane is responsible for one of television's most iconic characters: the deadly, amoral Al Swearengen of HBO's acclaimed Western "Deadwood," now in its third season. Armed with

a hair-trigger temper and a vocabulary that would make Lenny Bruce blush, Swearengen possesses repellent qualities, but he also makes for compelling viewing.

McShane may share his character's charisma, but that's where the comparisons end. Audiences will have the opportunity to see the more civilized side of McShane when the actor appears on the big

screen in "Scoop," the new comedy from Woody Allen.

In the film, McShane plays another larger-than-life character: acclaimed journalist Joe Strombel, who literally cheats death to deliver a hot tip on a serial killer terrorizing London. Unfortunately, the only people Strombel can reach from beyond the grave is a naive journalism student, played by Scarlett

Johansson, and a mediocre magician, portrayed by Allen.

A personal invitation from Allen is just one indication of McShane's current career upswing, not to mention Emmy and SAG Award nominations and a Golden Globe win for his "Deadwood" work. At 63, with more than 40 years in the business, the actor is nonplussed about being a new face to American audiences. "It's kind of nice, as long as you don't take it too seriously," he said of the attention.

In an interview last year with TV Guide, "Deadwood" creator David Milch confessed to being unsure the English actor would make a convincing Swearengen — until he auditioned in person. But, "He came in, grabbed us up by the scruff of the neck, and shook us in his teeth for a while like we were rodents," Milch recalled. "I was 100 percent wrong."

As terrific a role as Swearengen is, McShane is "looking forward to having some fun" with his upcoming projects, which are worlds away from the dusty town of Deadwood. Later this year he will be seen opposite Matthew Fox and Matthew McConaughey in "We Are Marshall," as a grieving father who loses his son in a plane crash. There is more lighthearted fare in the works: In addition to voicing a character in "Shrek 3," McShane will play "a crazed military stepdad" in "Hot Rod," starring "Saturday Night Live's" Andy Samberg. "It's nice to do something light," says McShane, before noting with a smile, "though I think Swearengen can be quite funny at times." JENELLE RILEY (BACK STAGE WEST)

## Today's Top Stops

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Some say the world will end in fire, some say with accordion accompaniment.

### Burn, Baby, Burn: Cabaret Inferno

**1** Anarcho-punk cabaret, or what the New York-based collective calls "red-eyed soul," the cathartic clatter made by the World/Inferno Friendship Society will change your mind about ... well, everything.

*Black Cat* backstage, 1811 14th St. NW; with *Max Levine Ensemble*, 9 p.m., \$8; 202-667-7960. (U St.-Cardozo)

### Candlebox: Light My Fire

**2** A genuine Seattle article but not beloved of the ski-cap-wearing grungocracy, Candlebox draped mass-acceptable bluesy hard-rock over a pop skeleton, and scored monster success.

9:30 *Club*, 815 V St. NW; with *Driveblind*, 7:30 p.m., \$25; 202-265-0930. (U St.-Cardozo)

### Mr. Punch: A Story With a Kick

**3** In "Punch's Progress: A Pulcinella Story," the brutal trickster puppet sets out to trace his origins. Writer-performer Aaron Cromie finds the darkly humorous figure in everything from commedia dell'arte to vaudeville to stand-up in this one-man show.

*Flashpoint*, 916 G St. NW; 8 p.m., \$15; 866-811-4111.

### WHAT'S HAPPENING?

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# It Came From the South

**Atlanta Bone Crusher plays 'The Beast' on a loud, exhausting CD**

**MUSIC** | Three years ago, when he debuted with "Never Scared" — a hit as massive as he was — Bone Crusher seemed primed to be crunk's first breakout star. With his manic delivery and 300-pound frame, the Atlanta rapper had a look

and sound that made him recognizable among the generic strip-club shout-outs that were rapidly multiplying throughout the South and spreading across the U.S.

A budding acting career and the usual industry woes have delayed the follow-up, "Release the Beast" (845/Bodyhead Entertainment), touted as a "prequel" to Bone Crusher's first album, "AttenCHUN!" That's about the most generous way to view this



It turns out that "Never Scared," isn't the same as "never wary of the Industry."

disc, which — without producer Jermaine Dupri and his major-label clout — is a step backward.

In small doses, best taken via the single "Southern Gorillaz," Bone Crusher's pugnacious, raw-throated delivery will still get fists pumping. But by the time the R&B-flavored "Feel It" cues up, listeners will have been shouted down — without the lyrical finesse to make the yelling intriguing. Bone Crusher's in-your-face style is tailor-made for invigorating guest appearances. But at album length, the Beast becomes a burden. DAN LEROY (THE HARTFORD COURANT)



## Entertainment



**A PUNK AND A TRUNK:** Lumbering beast Vin Diesel will ride a lumbering beast in the BET cartoon series "Hannibal the Conqueror." The action star will play the general who took on the Roman Empire with an army of elephants.

# Lights, Camera, Fangs

## Meet the handler to the real stars of 'Snakes on a Plane'

**SSSWEETHEARTS** | The sign reads "Trespassers will be poisoned."

Outside the front door, more than 100 black grasshoppers, each the size of a small rat, are pinned onto a plastic foam sheet, drying in the sun. Inside, hundreds of snakes, scorpions, lizards, leeches, tarantulas, beetles and cockroaches crawl about in clear plastic cages.

This is the office of Jules Sylvester, Hollywood snake wrangler and behind-the-scenes star of the upcoming movie "Snakes on a Plane."

"Vermin wranglers is what we are," said the jovial 55-year-old herpetologist, owner of Reptile Rentals. "Everything nobody likes, we've got it."

"Snakes on a Plane," starring Samuel L. Jackson and wriggling into theaters Aug. 18, called for 450 slithery stars. Sylvester rounded up his best performers, including a 22-foot-long Burmese python, and carted them to the set in Canada in plastic jars and picnic coolers.

"You can't make a snake do anything they don't want to do," he said. "They're not that smart, and I'm not that clever. This is more like reptile management." But Sylvester knows how to coax snakes into camera-ready behavior by allowing them



**THE MAN BEHIND THE SLITHER:** Self-described "vermin wrangler" Jules Sylvester has worked with some real snakes in the cast, including Petunia, above.

to do what they do naturally. They want to climb, he said, and they tend to move from warm to cool and light to dark.

"He's probably the best at what he does," said "Snakes" director David Ellis. "Plus, it was crucial to include real snakes in the film. Computer-generated snakes are awesome, but a live, real snake is a live, real snake."

It was great to have the set crawling with snakes, Ellis said. "It actually helped with their performances because they were terrified." He noted that all the "radical snake action" and snake fatalities involved computer-generated reptiles.

"My big criteria on this movie was do not hurt my snakes," said Sylvester, who names all his animals but then calls them "sweetheart." No snakes were injured during the production, he said — but Jackson "flogged the snot" out of the rubber stand-ins. SANDY COHEN (AP)

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MONSTER HOUSE DIGITAL 3D: \$1.50 FEE FOR 3D (PG) DIG (1225 250 515) 740 1005  
MONSTER HOUSE (PG) DIG (1155 220 445) 710 935  
LADY IN THE WATER (PG-13) DIG (1145 125 225 405 505) 645 745  
CLERKS II (R) - ID REQ'D DIG (1210 230 450) 725 945  
MY SUPER EX-GIRLFRIEND (PG-13) DIG (1150 215 440) 740 1000  
LADY IN THE WATER (PG-13) DIG (1235 130 330 430) 615 715 920 1015  
MONSTER HOUSE (PG) DIG (1215 240 505) 730 955  
LITTLE MAN (PG-13) DIG (1220 100 245 345 520) 645 745 915 1010  
YOU, ME AND DUPREE (PG-13) DIG (1205 110 235 400 510) 640 750 930 1020  
OC & DA: PIRATES OF THE CARIBBEAN 2 (PG-13) DIG (320) 950  
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1155 1245 410) 630 720 1030  
THE DEVIL WEARS PRADA (PG-13) DIG (1230 335) 635 935  
SUPERMAN RETURNS (PG-13) DIG (1225 340) 710 1025

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**Adv. Tix on Sale** THE DESCENT: SNEAK PREVIEW - NCM EVENT (R) - ID REQ'D ★  
MY SUPER EX-GIRLFRIEND (PG-13) DIG (1200 1230 225 255 455 525) 720 945 1015 1030  
LITTLE MAN (PG-13) DIG (1145 1215 215 245 445 515) 715 745 1000 1030  
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1125 1155 1225 250 320 350) 630 700 730 955 1025  
THE DEVIL WEARS PRADA (PG-13) DIG (1140 120 220 400 500) 640 740 920 1020  
SUPERMAN RETURNS (PG-13) DIG (1130) 1035  
AN INCONVENIENT TRUTH (PG) DIG (1150 210 440) 705 930  
THE DA VINCI CODE (PG-13) DIG (1210 330) 650 1010  
OC: SUPERMAN RETURNS (PG-13) DIG (300) 710

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**Adv. Tix on Sale** MIAMI VICE (R) - ID REQ'D ★  
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CLERKS II (R) - ID REQ'D DIG (140 430) 735 1005  
LADY IN THE WATER (PG-13) DIG (110 215 415 500) 700 745 945  
MONSTER HOUSE (PG) DIG (1155 125 225 355 455) 645 730 915 1000  
MY SUPER EX-GIRLFRIEND (PG-13) DIG (120 420) 710 940  
LITTLE MAN (PG-13) DIG (1250 150 350 450) 650 750 950 1020 1050  
YOU, ME AND DUPREE (PG-13) DIG (100 405) 720 955  
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1215 130 345 500) 715 830 1045  
THE DEVIL WEARS PRADA (PG-13) DIG (105 410) 725 1025  
SUPERMAN RETURNS (PG-13) DIG (1150 325) 700 1035  
CLICK (PG-13) DIG (1140)  
CARS (G) DIG (1210 400) 705

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MY SUPER EX-GIRLFRIEND (PG-13) DIG (1250 340) 720 950  
LADY IN THE WATER (PG-13) DIG (110 430) 735 1020  
MONSTER HOUSE (PG) DIG (1215 240 505) 730 955  
LITTLE MAN (PG-13) DIG (1150 230 450) 710 940  
YOU, ME AND DUPREE (PG-13) DIG (1145 220 500) 750 1030  
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1200 1245 330 415) 700 745 1015  
THE DEVIL WEARS PRADA (PG-13) DIG (1220 400) 740 1025  
SUPERMAN RETURNS (PG-13) DIG (315) 650 1005  
CLICK (PG-13) DIG (1230)  
CARS (G) DIG (100 350) 645 945

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MONSTER HOUSE DIGITAL 3D: \$1.50 FEE FOR 3D (PG) DIG (1225 250 515) 740 1005  
MONSTER HOUSE (PG) DIG (1155 220 445) 710 935  
LADY IN THE WATER (PG-13) DIG (1145 125 225 405 505) 645 745  
CLERKS II (R) - ID REQ'D DIG (1205 230 455) 720 945  
MY SUPER EX-GIRLFRIEND (PG-13) DIG (1150 235 500) 730 955  
LITTLE MAN (PG-13) DIG (1130 1200 140 240 420 520) 650 750 920 1020  
YOU, ME AND DUPREE (PG-13) DIG (215 245 510 540) 755 825 1035  
OC & DA: PIRATES OF THE CARIBBEAN 2 (PG-13) DIG (340) 1030  
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1215 1245 115 410 440) 705 735 805  
THE DEVIL WEARS PRADA (PG-13) DIG (145 430) 715 1000  
SUPERMAN RETURNS (PG-13) DIG (1140 320) 655 1020  
CLICK (PG-13) DIG (1135)  
CARS (G) DIG (1240 345) 640 940

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CLERKS II (R) - ID REQ'D DIG (1215 245 515) 745 1035  
MONSTER HOUSE DIGITAL 3D: \$1.50 FEE FOR 3D (PG) DIG (1200 230 500) 730 1000  
OC & DA: PIRATES OF THE CARIBBEAN 2 (PG-13) DIG (340) 1030  
MY SUPER EX-GIRLFRIEND (PG-13) DIG (1130 1230 200 300 450 550) 740 840 1010  
MONSTER HOUSE (PG) DIG (1100 100 130 330 400) 600 630 830 900  
LADY IN THE WATER (PG-13) DIG (1120 1220 120 220 320 420 520) 620 720 820 920 1020  
YOU, ME AND DUPREE (PG-13) DIG (1115 1145 110 210 410 510) 700 800 950  
LITTLE MAN (PG-13) DIG (1150 150 250 430 530) 750 850 1025  
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1110 1210 240 440) 610 710 810 930  
THE DEVIL WEARS PRADA (PG-13) DIG (1250 350) 650 940  
SUPERMAN RETURNS (PG-13) DIG (1140 310) 640 1015  
CLICK (PG-13) DIG (445) 715 1005  
CARS (G) DIG (1100 115 145 415) 705 945

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CLERKS II (R) - ID REQ'D DIG (1225 300 515) 740 1005  
MY SUPER EX-GIRLFRIEND (PG-13) DIG (1215 240 505) 730 955  
LADY IN THE WATER (PG-13) DIG (1110 1150 155 235 440 520) 725 805 1010 1025  
MONSTER HOUSE (PG) DIG (1155 220 435) 700 925  
LITTLE MAN (PG-13) DIG (1220 245 510) 735 1000  
YOU, ME AND DUPREE (PG-13) DIG (1130 210 250 440 520) 710 750 950 1020  
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1205 1255 335 420) 705 745 1025 1110  
THE DEVIL WEARS PRADA (PG-13) DIG (1210 255 525) 755 1030  
SUPERMAN RETURNS (PG-13) DIG (1115) 900  
CLICK (PG-13) DIG (1200)  
CARS (G) DIG (1100 135 410) 645 920  
OC: SUPERMAN RETURNS (PG-13) (230 545)

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CLERKS II (R) - ID REQ'D DIG (1130 200 425) 800 1025  
MY SUPER EX-GIRLFRIEND (PG-13) DIG (110 350) 755 1035  
LADY IN THE WATER (PG-13) DIG (1120 1250 220 330 455) 715 740 950 1030  
MONSTER HOUSE (PG) DIG (1145 1215 210 240 435 505) 700 730 925 955  
LITTLE MAN (PG-13) DIG (1200 230 500) 725 955  
YOU, ME AND DUPREE (PG-13) DIG (1115 1215 200 300) 630 745  
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1115 145 330) 705 1030  
THE DEVIL WEARS PRADA (PG-13) DIG (1130 1230 300 400) 700 800 915 1015  
SUPERMAN RETURNS (PG-13) DIG (100 415) 715 945  
CLICK (PG-13) DIG (1245 330) 645 945  
CARS (G) DIG (1245 400) 700 945  
THE DA VINCI CODE (PG-13) DIG 945

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CLERKS II (R) - ID REQ'D DIG (1210 145 310 445) 705 745 950 1030  
MONSTER HOUSE (PG) DIG (1145 1215 210 240 435 505) 700 730 925 955  
MY SUPER EX-GIRLFRIEND (PG-13) DIG (1200 230 500) 725 955  
YOU, ME AND DUPREE (PG-13) DIG (130 330 430) 650 750 930 1040  
LITTLE MAN (PG-13) DIG (1115 410) 720 950  
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1145 1240 315 415) 645 745 1015  
THE DEVIL WEARS PRADA (PG-13) DIG (120 415) 700 940  
SUPERMAN RETURNS (PG-13) DIG (200) 840 1010  
CARS (G) DIG (110 410) 715 1015  
CLICK (PG-13) DIG (1230)

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CLERKS II (R) - ID REQ'D DIG (1215 245 515) 800 1030  
MY SUPER EX-GIRLFRIEND (PG-13) DIG (1115 145 330) 705 1030  
LADY IN THE WATER (PG-13) DIG (1100 1200 145 245 430 530) 730 830 1015  
MONSTER HOUSE (PG) DIG (1200 230 500) 730 1025  
OC & DA: YOU, ME AND DUPREE (PG-13) DIG (1145 215 445) 715 935  
YOU, ME AND DUPREE (PG-13) DIG (1115 1215 200 300) 630 745  
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1115 145 330) 705 1030  
THE DEVIL WEARS PRADA (PG-13) DIG (100 415) 715 945  
SUPERMAN RETURNS (PG-13) DIG (1145 315) 645 1000  
CLICK (PG-13) DIG (1245 330) 645 945  
CARS (G) DIG (1245 400) 700 945  
THE DA VINCI CODE (PG-13) DIG 945

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CLERKS II (R) - ID REQ'D DIG (1130 200 425) 800 1025  
MY SUPER EX-GIRLFRIEND (PG-13) DIG (110 350) 755 1035  
LADY IN THE WATER (PG-13) DIG (1120 1250 220 330 455) 715 740 950 1030  
MONSTER HOUSE (PG) DIG (1145 1215 210 240 435 505) 700 730 925 955  
LITTLE MAN (PG-13) DIG (1200 230 500) 725 955  
YOU, ME AND DUPREE (PG-13) DIG (1115 1215 200 300) 630 745  
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1115 145 330) 705 1030  
THE DEVIL WEARS PRADA (PG-13) DIG (1130 1230 300 400) 700 800 915 1015  
SUPERMAN RETURNS (PG-13) DIG (100 415) 715 945  
CLICK (PG-13) DIG (1245 330) 645 945  
CARS (G) DIG (1245 400) 700 945  
THE DA VINCI CODE (PG-13) DIG 945

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### AMC HOFFMANN CENTER 22

Eisenhower Ave and Telegraph Road in Alexandria  
703-998-4AMC

CLERKS II (R) ✓ 11:45, 2:20, 4:45, 7:40, 10:15  
LADY IN THE WATER (PG13) ✓ 11:05, 12:15, 1:45, 2:50, 4:25, 5:35, 7:20, 8:20, 10:05  
MONSTER HOUSE (PG) ✓ 11:35, 1:05, 2:05, 3:40, 4:40, 6:15, 7:15, 9:00, 10:00  
MY SUPER EX-GIRLFRIEND (PG13) ✓ 11:10, 12:25, 1:40, 2:55, 4:10, 5:25, 6:40, 7:55, 9:10, 10:20  
LITTLE MAN (PG13) 11:25, 12:30, 2:00, 3:00, 4:55, 5:45, 7:25, 8:30, 9:50  
YOU, ME AND DUPREE (PG13) 11:00, 12:45, 1:55, 3:20, 4:30, 5:50, 7:35, 8:35, 10:35  
YOU, ME AND DUPREE (PG13) 11:00, 1:55, 4:30, 7:35, 10:35  
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 11:20, 12:10, 1:00, 1:50, 2:40, 3:30, 4:20, 5:10, 6:05, 7:00, 7:50, 8:40, 9:30, 10:25  
THE DEVIL WEARS PRADA (PG13) 11:30, 1:10, 2:10, 3:50, 4:50, 6:30, 7:30, 9:05, 10:05  
SUPERMAN RETURNS (PG13) 11:50, 12:55, 3:15, 4:35, 6:45, 8:00, 10:10  
CLICK (PG13) 11:55, 2:45, 5:30, 8:10, 10:45  
WAIST DEEP (R) 5:55, 8:20, 10:45  
CARS (G) 11:15, 2:15, 5:05, 7:55, 10:40



THE LAKE HOUSE (PG) 1:15, 3:35

### AMC SPRINGFIELD MALL 10

Loisdale and Franconia Road  
703-971-3991

CLERKS II (R) 1:00, 3:20, 5:40, 8:00, 10:20  
LADY IN THE WATER (PG13) ✓ 1:30, 4:30, 7:15, 9:50  
MONSTER HOUSE (PG) 12:45, 3:00, 5:15, 7:30, 9:45  
MY SUPER EX-GIRLFRIEND (PG13) 12:45, 3:10, 5:30, 7:50, 10:10  
LITTLE MAN (PG13) 1:10, 4:50, 7:30, 10:15  
YOU, ME AND DUPREE (PG13) 1:30, 4:30, 7:20, 9:50  
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:30, 1:45, 3:50, 4:45, 7:00, 10:00  
THE DEVIL WEARS PRADA (PG13) 1:20, 4:10, 7:10, 9:45  
SUPERMAN RETURNS (PG13) 12:30, 3:45, 7:00, 10:00  
CLICK (PG13) 10:10 PM

### AMC MAZZA GALLERIE

Jenifer and Wisconsin  
202-537-9553

CLERKS II (R) ✓ 12:50, 3:10, 5:30, 7:45, 10:00  
LADY IN THE WATER (PG13) ✓ 1:00, 4:05, 7:00, 9:50  
MONSTER HOUSE (PG) ✓ 12:30, 2:45, 5:00, 7:15, 9:30  
YOU, ME AND DUPREE (PG13) 12:00, 1:30, 2:30, 4:15, 5:10, 7:00, 7:50, 9:45  
THE DEVIL WEARS PRADA (PG13) 12:15, 1:45, 2:45, 4:30, 5:25, 7:15, 8:05, 10:00  
THE DEVIL WEARS PRADA (PG13) 1:45, 4:30, 7:15, 10:00

### LOEWS GEORGETOWN 14

3111 K Street, N.W.  
202-342-6441

#### DIGITAL 3D

MONSTER HOUSE (PG) ✓ 11:00, 2:10, 4:40, 7:00, 9:25

CLERKS II (R) ✓ 12:55, 3:20, 5:45, 8:15, 10:45  
LADY IN THE WATER (PG13) ✓ 12:00, 2:30, 5:15, 7:55, 10:45  
MY SUPER EX-GIRLFRIEND (PG13) ✓ 12:05, 2:25, 4:55, 7:25, 10:00  
LITTLE MAN (PG13) 12:15, 2:40, 5:05, 7:30, 9:55  
YOU, ME AND DUPREE (PG13) 12:05, 1:35, 2:35, 4:10, 5:10, 6:50, 7:50, 9:35, 10:35  
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:30, 1:15, 3:05, 3:50, 4:35, 6:30, 7:15, 8:00, 9:50, 10:40  
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:30, 3:50, 7:15, 10:40  
THE DEVIL WEARS PRADA (PG13) 11:00, 1:20, 2:20, 4:00, 5:00, 6:45, 7:45, 9:30, 10:30  
SUPERMAN RETURNS (PG13) 12:20, 3:45, 7:10, 10:35



AN INCONVENIENT TRUTH (PG) 12:45, 3:15, 5:35, 8:05, 10:25

### LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.  
202-333-3456

SUPERMAN RETURNS (PG13) 12:00, 3:30, 7:00, 10:20

### AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886  
703-998-4262

CLERKS II (R) ✓ 12:45, 3:10, 5:30, 7:55, 10:20  
LADY IN THE WATER (PG13) ✓ 12:00, 1:30, 2:30, 4:15, 5:15, 7:00, 8:00, 9:45, 10:45  
MONSTER HOUSE (PG) ✓ 12:50, 2:10, 3:20, 4:50, 5:40, 7:10, 8:15, 9:35  
MY SUPER EX-GIRLFRIEND (PG13) ✓ 12:40, 3:00, 5:20, 7:45, 10:25  
LITTLE MAN (PG13) 1:10, 2:15, 3:45, 4:45, 6:10, 7:20, 8:40, 9:55  
YOU, ME AND DUPREE (PG13) 12:55, 2:05, 3:35, 4:40, 6:05, 7:15, 8:45, 10:00  
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:30, 2:25, 3:15, 4:00, 6:00, 6:45, 7:30, 9:30, 10:15  
THE DEVIL WEARS PRADA (PG13) 2:20, 5:05, 7:40, 10:35  
SUPERMAN RETURNS (PG13) 12:10, 2:45, 3:30, 6:15, 7:05, 9:40, 10:30  
CLICK (PG13) 2:40, 5:10, 7:50, 10:40  
CARS (G) 1:00, 3:50, 6:50, 9:50

### AMC COLUMBIA MALL 14

10300 Patuxent Parkway  
410-423-0520

CLERKS II (R) 1:00, 3:20, 5:45, 8:10, 10:35  
LADY IN THE WATER (PG13) 11:45, 2:30, 5:15, 8:00, 10:45  
MONSTER HOUSE (PG) 11:35, 2:10, 4:35, 7:00, 9:25  
MY SUPER EX-GIRLFRIEND (PG13) 12:45, 3:05, 5:25, 7:50, 10:25  
LITTLE MAN (PG13) 11:50, 2:20, 4:45, 7:20, 9:40  
YOU, ME AND DUPREE (PG13) 11:15, 12:20, 1:50, 2:55, 4:25, 5:35, 7:10, 8:20, 9:45, 10:55  
YOU, ME AND DUPREE (PG13) 12:20, 2:55, 5:35, 8:20, 10:55  
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 11:10, 11:55, 12:40, 2:40, 3:15, 4:05, 6:05, 6:45, 7:35, 9:30, 10:15, 11:00  
THE DEVIL WEARS PRADA (PG13) 11:40, 2:15, 4:50, 7:25, 10:05  
SUPERMAN RETURNS (PG13) 11:30, 3:00, 6:35, 10:00  
CLICK (PG13) 11:20, 2:00, 4:55, 7:45, 10:30  
CARS (G) 1:30, 4:15, 7:05, 9:50

### LOEWS FAIRFAX SQUARE 8

8065 Leesburg Pike  
703-506-9857 802

REEL MOMS  
CARS (G) 11:00 AM  
LADY IN THE WATER (PG13) 1:45, 4:45, 7:30, 10:00  
GARFIELD 2 (PG) 1:30, 3:30, 5:30  
NACHO LIBRE (PG) 7:35, 9:45  
CARS (G) 1:15, 4:30, 7:10, 9:50  
THE BREAK-UP (PG13) 12:30, 8:00  
X-MEN 3 (PG13) 12:15, 2:30, 5:10, 7:45, 10:05  
THE DA VINCI CODE (PG13) 12:15, 4:05, 7:15, 10:15  
KITHAKITHALU (NR-NOT RATED) 1:00, 5:00, 9:00



THE LAKE HOUSE (PG) 4:15, 10:10  
AN INCONVENIENT TRUTH (PG) 12:45, 3:00, 5:15, 8:15, 10:20

### MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo  
301-324-4220 844

CLERKS II (R) 12:50, 3:10, 5:35, 7:50, 10:15  
LADY IN THE WATER (PG13) 1:20, 4:30, 7:15, 9:50  
LADY IN THE WATER (PG13) 1:20, 4:30, 7:15, 9:50  
MONSTER HOUSE (PG) 1:10, 3:30, 5:45, 8:05, 10:20  
MY SUPER EX-GIRLFRIEND (PG13) 2:10, 5:00, 7:25, 10:10  
SHADOWBOXER (R) 12:45, 3:20, 5:30, 8:00, 10:25  
LITTLE MAN (PG13) 1:00, 2:00, 3:25, 4:40, 5:50, 7:20, 8:20, 9:45, 10:35  
YOU, ME AND DUPREE (PG13) 1:50, 4:50, 7:30, 10:00  
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:40, 4:00, 7:10, 10:25  
THE DEVIL WEARS PRADA (PG13) 1:30, 4:10, 6:55, 9:30  
SUPERMAN RETURNS (PG13) 12:50, 4:05, 7:10, 10:35  
CLICK (PG13) 5:55  
WAIST DEEP (R) 8:25, 10:40  
CARS (G) 12:30, 3:15

### LOEWS SHIRLINGTON 7

2772 South Randolph  
703-671-0910 801

CLERKS II (R) 1:20, 3:50, 7:00, 9:10  
SHADOWBOXER (R) 2:00, 4:20, 7:30, 10:00



A SCANNER DARKLY (R) 1:10, 4:40, 7:40, 9:50  
LEONARD COHEN: I'M YOUR MAN (PG13) 1:00, 7:00  
WHO KILLED THE ELECTRIC CAR? (PG) 1:50, 4:30, 7:10, 9:30  
WORDPLAY (PG) 1:40, 4:10, 7:10, 9:20  
A PRAIRIE HOME COMPANION (PG13) 3:40, 9:40  
AN INCONVENIENT TRUTH (PG) 1:30, 4:50, 7:20, 9:20

### AMC TYSONS CORNER 16

7850 Tysons Corner Center  
703-998-4262

CLERKS II (R) ✓ 11:00, 1:15, 3:35, 5:55, 8:15, 10:50  
LADY IN THE WATER (PG13) ✓ 11:20, 1:55, 4:40, 7:30, 10:15  
MONSTER HOUSE (PG) ✓ 10:50, 1:00, 3:15, 5:30, 7:55, 10:10  
MY SUPER EX-GIRLFRIEND (PG13) ✓ 11:40, 2:05, 4:25, 7:00, 9:35  
LITTLE MAN (PG13) 11:10, 1:30, 4:10, 7:05, 9:30  
YOU, ME AND DUPREE (PG13) 11:00, 12:15, 1:45, 3:05, 4:20, 5:50, 7:10, 8:25, 9:50, 11:00  
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 10:55, 12:05, 1:10, 2:10, 3:25, 4:35, 5:35, 6:45, 7:50, 8:55, 10:00, 11:00  
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:05, 3:25, 6:45, 10:00  
THE DEVIL WEARS PRADA (PG13) 11:05, 12:10, 1:35, 2:45, 4:05, 5:25, 6:40, 8:10, 9:25, 10:45  
SUPERMAN RETURNS (PG13) 11:15, 12:30, 2:30, 4:15, 5:45, 7:35, 9:10, 10:55  
CLICK (PG13) 11:10, 1:40, 4:30, 7:20, 9:55



A SCANNER DARKLY (R) 12:45, 3:10, 5:40, 8:05, 10:40

### AMC RIVERTOWNE 12

Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.  
703-998-4AMC

CLERKS II (R) 1:20, 4:15, 7:20  
LADY IN THE WATER (PG13) 12:50, 5:00, 7:45  
MONSTER HOUSE (PG) 12:25, 3:10, 5:30, 8:00  
MY SUPER EX-GIRLFRIEND (PG13) 1:10, 4:50, 7:15  
LITTLE MAN (PG13) 12:30, 1:00, 3:00, 4:10, 5:30, 7:30, 8:10  
YOU, ME AND DUPREE (PG13) 1:30, 4:15, 7:00  
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:00, 12:40, 3:30, 4:05, 7:00, 7:30  
SUPERMAN RETURNS (PG13) 12:10, 3:40, 7:10  
CLICK (PG13) 12:20, 3:00, 5:30  
WAIST DEEP (R) 8:00  
CARS (G) 1:20, 4:30, 7:40

### AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.  
703-998-4AMC

CLERKS II (R) ✓ 12:30, 1:45, 3:00, 4:10, 5:10, 6:35, 7:35, 9:10, 10:10  
LADY IN THE WATER (PG13) ✓ 12:00, 12:45, 2:30, 3:30, 5:00, 6:15, 7:30, 8:00, 10:00  
MONSTER HOUSE (PG) ✓ 12:15, 2:45, 5:15, 7:40, 9:50  
YOU, ME AND DUPREE (PG13) 1:30, 2:15, 4:15, 4:45, 7:00, 7:45, 9:45, 10:15  
CARS (G) 1:15, 4:05, 6:45, 9:30

### AMC COUNTRY CLUB MALL 6

Country Club Mall on Vocke Rd near Route 88.  
703-998-4AMC

CLERKS II (R) ✓ 1:45, 4:30, 7:00, 9:30  
MONSTER HOUSE (PG) ✓ 1:00, 3:15, 5:30, 8:00, 10:10  
MY SUPER EX-GIRLFRIEND (PG13) ✓ 1:45, 4:15, 7:45, 10:10  
MY SUPER EX-GIRLFRIEND (PG13) 1:45, 4:15, 7:45, 10:10  
LITTLE MAN (PG13) 1:30, 4:15, 7:30, 9:45  
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:45, 4:00, 7:15, 10:30  
SUPERMAN RETURNS (PG13) 1:30, 7:15  
CLICK (PG13) 4:45, 10:30

### LOEWS WISCONSIN AVE. 6

4000 Wisconsin Avenue, N.W.  
202-334-3456

MY SUPER EX-GIRLFRIEND (PG13) 1:55, 4:25, 7:05  
LITTLE MAN (PG13) 2:15, 4:30, 7:15  
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:30, 12:45, 1:15, 3:45, 4:10, 4:30, 7:10, 7:30, 7:45  
CLICK (PG13) 4:20



A PRAIRIE HOME COMPANION (PG13) 1:50, 7:00

### LOEWS DUPONT 5

1350 19th St.  
202-333-3456



A SCANNER DARKLY (R) 2:30, 4:30, 5:15, 7:30, 9:15, 9:50  
THE HEART OF THE GAME (PG13) 4:50, 7:20  
THE ROAD TO GUANTANAMO (R) 2:45, 9:40  
WORDPLAY (PG) 2:20, 5:00, 7:15, 9:30  
THE LOST CITY (R) 2:15, 5:30, 8:30  
WATER (PG13) 2:00, 7:00

### LOEWS WHITE FLINT 5

North Bethesda  
310-423-1014 741

LADY IN THE WATER (PG13) 12:05, 2:25, 5:00, 7:35, 10:00  
MONSTER HOUSE (PG) 12:05, 2:30, 4:45, 7:05, 9:30  
YOU, ME AND DUPREE (PG13) 12:10, 2:30, 5:05, 7:40, 10:10  
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:00, 3:30, 7:00, 10:00  
THE DEVIL WEARS PRADA (PG13) 12:00, 2:30, 5:00, 7:40, 10:15

Times for Tuesday, July 25, 2006

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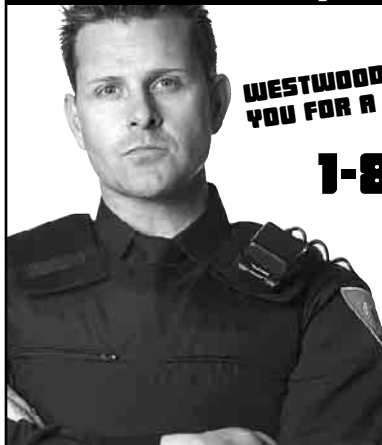
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# The Sound of Faith

## 'Tailenders' grapples with questions of culture and belief

Founded in 1939, Global Recordings Network has produced recordings of the Bible and Bible lessons in more than 5,500 languages and thousands of dialects. They have distributed these recordings through missionaries carrying devices handcrafted for



proselytizing in remote places. We see crude phonographs made out of cardboard, tape players that use a hand crank and other inven-

The film also explores the spiritual power of the sound of a disembodied voice and the role of recording in 20th-century evangelicalism. According to the show, when Ayatollah Khomeini's followers toppled the Iranian regime in 1978-1979, it was said that their most powerful weapon was the audiocassette. KEVIN MCDONOUGH  
(UNITED FEATURE SYNDICATE)

**BUT IT LOOKED FABULOUS**  
Murder attends a high-school reunion  
in the British TV mystery **IF I HAD YOU**



**CULT CHOICE**  
Forced from their families, Aboriginal girls walk 1,200 miles back to their home in the 2002 drama **RABBIT-PROOF FENCE** (7:15 p.m., IFC). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

7:25:05	6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
LOCAL CHANNELS	WRC 4	News		NBC Nightly News	Access Hollywood	Fear Factor Hot stuff. (N) (P) (A)		Last Comic Standing (N) (P) (A)	Law & Order: Special Victims Unit (N)		News	Tonight Show	
	WTTG 5	Seinfeld (N) (P) (A)	The Simpsons (N)	The Simpsons (N)	Seinfeld (N) (P) (A)	House "Skin Deep" (N) (P) (A)		House "Sex Kills" (N) (P) (A)	News		Geraldo at Large	King of the Hill (N)	
	WJLA 9	News	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	According to Jim	George Lopez (N)	The One: Making a Music Star (S Live)			News	(35) Nightline	
	WUSA 7	News	CBS News	9News Tonight	Entertainment	Big Brother: All-Stars Power of Veto		Rock Star: Supernova (N) (P) (A)	48 Hours Mystery "Dream Killer" (N)		News	Late Show	
	WDCA 20	King of the Hill (N)	That '70s Show	That '70s Show	Every-Raymond	Veronica Mars (N)		Veronica Mars "Versatile Toppings"	The Tyra Banks Show		Girlfriends	Girlfriends	
	WMPT 22	The NewsHour With Jim Lehrer (N)	Business Rpt.	Business Rpt.	Outdoors Mid.	Nova "Elegant Universe" (N)		Wide Angle "Class of 2006" (N) (P) (A)	Nova "Elegant Universe" (N)		Violent Planet "Deluge" (N)		
	WETA 20	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)	Nova "Supersonic Dream" (N)			Evidence of Vikings	Wide Angle "Class of 2006" (N) (P) (A)		P.O.V. "The Tailenders" (N) (P) (A)		
	WHUT 32	World Business	Tavis Smiley (N)	BBC World News	Moneywise	Mystery! The kidnapping of a love child. (N) (P) (A)	(DVS)	Coke Bottle Story	BBC World News	Tavis Smiley (N)	Charlie Rose (N) (P) (A)		
	WDCW 50	My Wife and Kids	Bernie Mac	My Wife and Kids	Bernie Mac	Gilmore Girls (N)		Gilmore Girls (N)	Friends (N)	Friends (N)	Sex and the City	Sex and the City	
NAT'L CABLE	A&E	Cold Case Files		Crossing Jordan "Loves Me Not" (N)	Bullied to Death		Bounty Hunter	Bounty Hunter	King of Cars	King of Cars	Crossing Jordan "Pilot" (N)		
	Animal	The Crocodile Hunter Diaries		The Most Extreme Lethal injections.	The Most Extreme Temper tantrums.		Stealth Hunters		Animal Planet Heroes Phoenix		The Most Extreme Temper tantrums.		
	BET	106 & Park: BET's Top 10 Live		Hotwired	BET Awards '06 Honoring outstanding achievements in music, sports and entertainment.						Jamie Foxx	Jamie Foxx	
	Bravo	Work Out		The West Wing (N)	Work Out		Work Out (N)		Queer Eye for the Straight Guy		Work Out		
	Comedy	★ "Out Cold" (2001, Comedy) Jason London, Lee Majors, Willie Garson.			Daily Show	Colbert Report	Chappelle's Show	South Park	Chappelle's Show	Reno 911	Daily Show	Colbert Report	
	Court	Forensic Files	Forensic Files	Cops (N)	Cops (N)	Cops (N)	Cops (N)	Cops (N)	Inside "Vice Squad Miami"		Masterminds	Masterminds	
	Discovery	How It's Made	How It's Made	Dirty Jobs "Verxon"		Alaskan Crab Fishing		Dirty Jobs "Fuel Tank Cleaner"	Dirty Jobs "Plumber" Plumbing.		Oil, Sweat and Rigs		
	DISCH	Paramedics "Desert Fever"		Trauma: Life in the ER		100 Lb. Tumor		Untold Stories of the E.R.	Strictly Dr. Drew Bacteria and germs.		100 Lb. Tumor		
	Disney	That's So Raven	Zack & Cody	Phil of the Future	That's So Raven	★ ★ "102 Dalmatians" (2000, Adventure) Glenn Close, Joan Gruffudd.		American Drgn	American Drgn	Zack & Cody	That's So Raven		
	E!	Ashlee Simpson	Child Stars-Bad	E! News (N)	The Daily 10 (N)	Hip Hop Wives: Hollywood Story		Pink: The E! True Hollywood Story (N)	Angeline Jolie: True Hollywood Story		E! News	The Daily 10	
	FX	That '70s Show	That '70s Show	★ ★ ★ "Enemy of the State" (1998, Action) Will Smith. Rogue agents hunt a lawyer who has an incriminating tape.		Rescue Me "Karate"		Rescue Me "Karate"	House Hunters	Buy Me	Parents House	Designer Finals	
	HGTV	Renovation	If Walls Could	What's House?	House Hunters	Designed to Sell	Bad, Bad Bath (N)	Decorating Cents	Curb Appeal (N)	Whose Line?	Whose Line?	The 700 Club	
	Family	7th Heaven "Who Nose" (N)		7th Heaven "Forget Me Not" (N)		★ "The Waterboy" (1998, Comedy) Adam Sandler, Kathy Bates.		Mega Disasters (Part 1 of 2)	Mega Movers "Oil Machines"		Wild West Tech: Freak Show Tech		
	History	Andrea Doria: Tragedy at Sea		Modern Marvels: The Lumberyard		Decoding the Past "Heaven and Hell"		Mega Disasters (Part 1 of 2)	Mega Movers "Oil Machines"		Wild West Tech: Freak Show Tech		
	Lifeline	The Golden Girls	The Golden Girls	"Past Sins" (2006, Drama) Laureale Bell, Rebecca Jenkins.		★ ★ "A Face to Kill For" (1999) Doug Savant, Crystal Bernard.		DVS	Will & Grace	Will & Grace			
	MTV	Can't Be You	Room Raiders (N)	Sucker Free (N)		★ "Prom Queen"		The Real World	The Real World	Super Sweet	Final Fu	Pimp My Ride	
	NICK	Ned's School	Danny Phantom	Fairly OddParents	Jimmy Neutron	SpongeBob	Zoey 101	Full House	Hi-Jinks (N)	Roseanne	(35) Roseanne (N)	(10) Roseanne (N)	(45) Roseanne (N)
	SCIFI	Stargate SG-1 "Avenger 20"		Dead Like Me "Dead Girl Walking"		Dead Like Me "Curious George" (N)		Eureka Carter attends a funeral.	ECW (Live)		(05) Eureka Carter attends a funeral.		
	SPIKE	World's Wildest Police Videos		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		★ ★ "Out for Justice" (1991, Action) Steven Seagal, William Forsythe, Jerry Orbach.		(15) Seinfeld	(45) Seinfeld	(15) Friends	(45) Friends
	TBS	Seinfeld (N)	Seinfeld (N)	Every-Raymond	Every-Raymond	Friends (N)	Friends (N)	Sex and the City	Sex and the City	(15) Seinfeld	(45) Seinfeld	(15) Friends	(45) Friends
	TLC	While You Were Out		Overhaulin' "Lemama's Boy"		Wrecks to Riches "Pony Races"		Overhaulin' "Junk in the Trunk" (N)		Miami Ink "Yogi's Initiation" (N)		Overhaulin' "Junk in the Trunk"	
	TNT	Law & Order "DWB" (DVS)		Without a Trace "Loot and Found"		The Closer "Head Over Heels"		Law & Order "Tragedy on Rye" (N)		Law & Order "All in the Family" (N)		Cold Case "The Letter" (N)	
	USA	(3:00) ★ ★ ★ "The Deer Hunter"		Law & Order: Criminal Intent		Law & Order: Criminal Intent		Law & Order: Criminal Intent		Law & Order: Criminal Intent		Law & Order: Criminal Intent	Stillwater
	VH1	My Fair Brady	My Fair Brady	My Fair Brady	My Fair Brady	My Fair Brady	My Fair Brady	My Fair Brady: We're Getting Married		My Fair Brady: We're Getting Married		"Wedding Special"	Web Junk 20
SPANISH	TELEM	Sala de Parejas	Noti-Telemndo	Viuda de Blanco		Tierra de Pasiones		Amores de Mercado	Decisiones		Noti-Telemndo	Laura	
	UNIV	Que Locura	Noticiero Univ	Heridas de Amor (N)		La Fea Más Bella (N)		Barrera de Amor (N)	Que Madre Tan	Vecinos	Primer Impacto	Noticiero Univ.	
	ESPN	SportsCenter (Live)		World Series of Darts (N)		2006 World Series of Poker (Taped)		2006 World Series of Poker (Taped)	The Contender (N)		SportsCenter (Live)		
SPORTS	ESPN2	Mike and Mike	Around the Horn	Interruption	WNBA Basketball	Washington Mystics at Connecticut Sun. (Live)		WNBA Basketball	Seattle Storm at Phoenix Mercury. (Live)			Quite Frankly.	
	CSN	In Focus on FSN	SportsNite	Poker Superstars Invitational		Beyond the Glory		PRIDE Fighting Championships	SportsNite (Live)		WNBA Weekly	Final Score	
	CNN	Lou Dobbs Tonight		The Situation Room		Paula Zahn Now		Larry King Live	Anderson Cooper 360				
NEWS	FNC	Special Report (Live)		The Fox Report With Shepard Smith		The O'Reilly Factor (Live)		Hannity & Colmes (Live)	On the Record-Van Susteren		The O'Reilly Factor		
	MSNBC	Tucker		Hardball		Countdown With Keith Olbermann		Scarborough Country	MSNBC Special		MSNBC Reports "Sex Bunker"		
	AMC	(5:30) ★ ★ ★ ★ "M*A*S*H" (1970, Comedy) Donald Sutherland. 'R' (P)				★ ★ ★ ★ "Jaws" (1975) Roy Scheider. A man-eating shark terrorizes a New England resort town.			(4:5) ★ "Jaws III" (1983, Horror) Dennis Quaid. 'PG' (P)				
MOVIES	TCM	(1:15) ★ ★ ★ ★ "To Have and Have Not" (1944) Humphrey Bogart. 'NR'				★ ★ ★ "My Favorite Brunette" (1947) Bob Hope. 'NR'		★ ★ ★ "The Facts of Life" (1980, Comedy-Drama) Bob Hope. 'NR'				My Favorite Spy	
	HBO	(1:15) ★ "Catwoman" (2004, Action) Halle Berry. 'PG-13' (P)				★ ★ ★ "War of the Worlds" (2005) Tom Cruise. 'PG-13' (P)			Cedric the Entertainer		Deadwood "Unauthorized Cinnamon"		
	MAX	The Ring Two (N)	(4:5) ★ "Friday the 13th Part 3" (1982, Horror) Dana Kimmell. 'R' (P)			★ ★ "Seed of Chucky" (2004) Jennifer Tilly. (N) 'R' (P)			★ ★ ★ "Wedding Crashers" (2005, Comedy) Owen Wilson. (N) 'R' (P)				
	SHOW	(5:45) ★ ★ "Be Cool" (2005) John Travolta. 'PG-13' (P)		(4:5) ★ ★ ★ "Disclosure" (1994, Suspense) Michael Douglas, Demi Moore. 'TV. 'R' (P)					Sexual Healing (TV)		Brotherhood "Matthew 18:57" (TV)		
	TMC	(4:20) Silverado	(3:5) ★ ★ "Danny Deckchair" (2003) Rhys Ifans. 'PG-13'		(1:15) ★ ★ "Final Encounter" (2000, Science Fiction) Dean Cain. (N) 'R' (P)				★ ★ "Toolbox Murders" (2004) Angela Bettis. (N) 'R' (P)		(3:5) Ichi the Killer		
	STARZ!	(5:30) ★ ★ "The Forgotten" (2004) (N)	(0:5) ★ ★ "White Chicks" (2004, Comedy) Shawn Wayans. (N) 'PG-13' (P)			★ ★ "Underclassman" (2005) Nick Cannon. 'PG-13' (P)			(4:0) ★ ★ "A Lot Like Love" (2005) Ashton Kutcher. (P)				
	ENCORE	(1:15) ★ ★ ★ "13 Going on 30" (2004) Jennifer Garner. (N) 'PG-13' (P)				"Final Payback" (1999) Richard Grieco. 'R' (P)		(3:5) ★ ★ "Blade: Trinity" (2004, Horror) Wesley Snipes. (N) 'R' (P)				Stephen King's	





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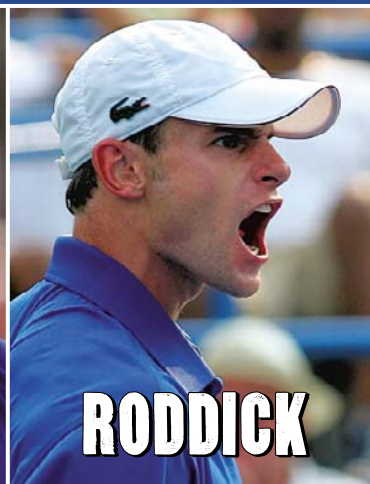


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**A 'REAL' OPPONENT:** D.C. United will play legendary Spanish club Real Madrid in an international friendly Aug. 9, the club announced yesterday. The match will be played at Qwest Field in Seattle at 8 p.m. United recently beat Celtic FC in a friendly, 4-0.



## Sports

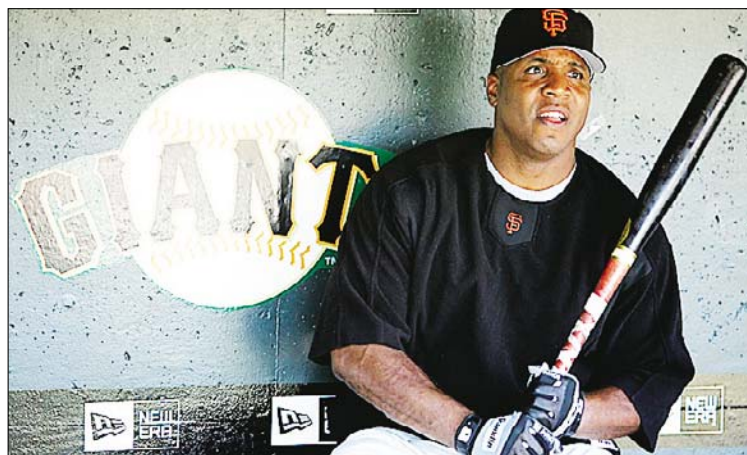
# Bonds Brings Tumult, Glory to D.C.

## Slugger is struggling this season, but the Giants are thriving

**NATIONALS** | Here is your chance, Nationals fans. Boo him, cheer him. Do what you have to do. Barry Bonds is coming to town.

The San Francisco Giants slugger, who turned 42 on Monday, is alternately viewed as the greatest baseball player of our time and as the foulest specimen from a tainted generation that violated the sanctity of the game's record book with needles and pills and whatever brand of steroid was available.

Baseball fans and historians want to know which one is the truest description. So does the federal government, which has considered



**GIANTS BONDING:** With the threat of a grand jury indictment and a weary 42-year-old body, Barry Bonds has struggled this season. But the Giants are still contending.

indicting Bonds on perjury charges stemming from the infamous BALCO drug case.

There likely remain ugly days

ahead for Bonds, whose 722 career home runs are second only to Hank Aaron's 755. But while that continues, there are actually three games

of baseball to be played this week between the Nationals and Giants. And, though Bonds' performance has suffered under the burning spotlight and the realities of a body entering middle age, the Giants have remained a pretty good ballclub.

After taking three out of four from San Diego this weekend, San Francisco entered Monday's off day just a half-game behind the Padres for first place in the National League West.

That success is coming despite the fact that Bonds is hitting just .255 and that his 14 home runs are fewer than diminutive teammate Ray Durham's 16. As a matter of fact, the Giants are in the playoff hunt without a single player having a dominating season.

Omar Vizquel's .303 batting aver-

age is the best on the team. No player is on pace to hit 30 home runs.

Among the pitchers, tonight's starter, Matt Morris, leads the club with just eight victories.

San Francisco is in contention, it seems, because players have taken turns producing.

"Right now, we're where we should be because we're doing what we're supposed to be doing," righty Jason Schmidt told MLB.com.

Perhaps pleased with its ability to play through the distractions of a controversial player, San Francisco last week added steady-hitting Shea Hillenbrand, a player whose attitude reportedly has been questioned by former teammates.

"Don't believe everything you read," Steve Finley told MLB.com. "He's a good guy." **DEREK TURNER**

**Ripken-esque?** Bonds' farewell tour is different from what the O's All-Star experienced | **Today's Post, Sports**

## MLB

### AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Boston	59	38	.608	—	32-13	27-25
N.Y. Yankees	56	40	.583	2.5	31-18	25-22
Toronto	55	43	.561	4.5	35-21	20-22
Baltimore	45	55	.450	15.5	27-25	18-30
Tampa Bay	41	58	.414	19	24-21	17-37

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Detroit	66	32	.673	—	33-17	33-15
Chicago	59	38	.608	6.5	34-16	25-22
Minnesota	56	41	.577	9.5	37-11	19-30
Cleveland	43	54	.443	22.5	24-25	19-29
Kansas City	34	64	.347	32	21-25	13-39

WEST	W	L	PCT.	GB	HOME	ROAD
Oakland	51	47	.520	—	24-22	27-25
Texas	51	48	.515	0.5	25-25	26-23
L.A. Angels	50	48	.510	1	24-24	26-24
Seattle	47	51	.480	4	26-25	21-26

### NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Mets	59	39	.602	—	29-19	30-20
Atlanta	46	51	.474	12.5	21-23	25-28
Florida	45	52	.464	13.5	25-24	20-28
Philadelphia	44	51	.463	13.5	22-27	22-24
Washington	43	56	.434	16.5	23-24	20-32

CENTRAL	W	L	PCT.	GB	HOME	ROAD
St. Louis	56	41	.577	—	31-19	25-22
Cincinnati	52	47	.525	5	27-25	25-22
Houston	47	52	.475	10	28-22	19-30
Milwaukee	47	52	.475	10	29-20	18-32
Chicago	37	60	.381	19	17-28	20-32
Pittsburgh	35	65	.350	22.5	24-26	11-39

WEST	W	L	PCT.	GB	HOME	ROAD
San Diego	51	47	.520	—	25-28	26-19
San Fran.	51	48	.515	0.5	29-24	22-24
Arizona	50	48	.510	1	26-26	24-22
L.A. Dodgers	47	52	.475	4.5	28-21	19-31
Colorado	46	51	.474	4.5	22-22	24-29

Standings through July 23's games

## Escobar's Play a Roller Coaster Ride

### A healthy season would be a great one for the Nats center fielder

**NATIONALS** | In a span of five seconds Friday night, Nationals fans got to see the best and worst of Alex Escobar.

The talented center fielder came up to bat with runners on the corners and Chicago winning by one. A long fly ball to the gap in left-center drove the runners home and the crowd to its feet — but Escobar barely made it to first base. Grabbing his hamstring, he had to be helped off the field.

"I took three or four steps towards first and felt a cramp," said Escobar after the game. "It's day-to-day now."

This has been Escobar's curse since he debuted in the Majors for the Mets in 2001. Few question his potential — the Venezuelan native can spray the ball all over the field and has plenty of speed to go along with a strong arm. Health, however, has been another matter altogether. Escobar has played a mere 92 games since his first year, fighting constant injuries to both of his legs.

"It's a shame, he's unlucky,"



**A TALE OF TWO PLAYERS:** Alex Escobar hits plenty of triples when he's healthy. Unfortunately, staying healthy is anything but easy for the talented Venezuelan.

said Ryan Zimmerman. "It's not like he doesn't work, because he is here early every day. You feel real bad for him. He's a good guy, and he works real hard."

The journeyman's dual persona managed to show up the very next game, when, despite the injury, manager Frank Robinson sent Escobar out to pinch-hit. Escobar responded with a two-run homer — and gingerly limped around the bases.

Now replaced by Ryan Church, Escobar has some time to once again rest and recuperate. There's no doubt he could fill a major hole in center field. The question general manager Jim Bowden must ask is whether Escobar will ever be able to stay on the roster.

"I'm just thinking about now, taking one step at a time," he said. "We'll see what happens, I've just got to show them that I can play every day." **JOE TAUKE**

## Nats Sale To Lerner Is Official

**NATIONALS** | A group led by local real estate developer Ted Lerner and Stan Kasten officially took control of the Washington Nationals on Monday, finalizing the \$450 million purchase of the club from Major League Baseball.

Lerner is the managing principal owner, and his son Mark and sons-in-law Edward Cohen and Robert Tanenbaum are principal owners. Kasten, a former Atlanta Braves executive, is the team president.

"It has long been my dream to bring the national pastime back to my hometown, the nation's capital," Ted Lerner said. "Now that it's been realized, I plan on doing everything I can to make sure that this franchise becomes an international jewel for MLB, D.C. and the nation." (AP)



**SO LONG SORIANO?**  
The White Sox are very close to acquiring Alfonso Soriano, ESPN reports. The Nats are interested in Chicago's ace Brandon McCarthy.



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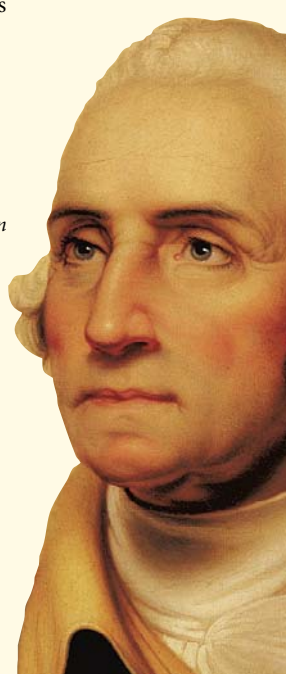
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## Sports

# Surgery Will End Guillen's Season

Outfielder is batting just .216 in the midst of an injury-filled year

**NATIONALS** | Washington Nationals outfielder Jose Guillen will have season-ending surgery Tuesday for a completely torn ligament in his right elbow.

The ligament reconstruction — known as Tommy John surgery — will be performed by Dr. James Andrews, who examined Guillen in Birmingham, Ala., on Monday. An MRI exam revealed the full tear.

"He could not go forward without having this operation," Nationals general manager Jim Bowden said.

Bowden wasn't sure how long the injury would sideline Guillen, whose Nationals contract expires at the end of this season.

"It can be as early as eight months; it can be as late as a year and a half," Bowden said.



Jose Guillen has struggled this season, batting just .216 with nine homers.

It's been a rough year for Guillen, who began spring training recuperating from offseason shoulder surgery, then injured his wrist.

He entered the season with a .276 career batting average, but he hit only .216 in 2006, with nine homers and 40 RBIs in 241 at-bats for last-place Washington. (AP)

## TODAY'S TV LINEUP

**NATIONALS (7 P.M. ON MASN)** The so-far-unindicted Barry Bonds comes to D.C. Matt Morris is pitching for the Giants against the Nationals' Ramon Ortiz, but the only thing people care about is that Bonds will be in the outfield.

**ORIOLES (8 P.M. ON MASN)** The Orioles have

won just four of their last 10 games. But that's OK, because they're playing the Royals, who have won just three of their last 10.

**MYSTICS (7:30 P.M. ON ESPN2)** The Mystics get on national TV for their game in Connecticut.

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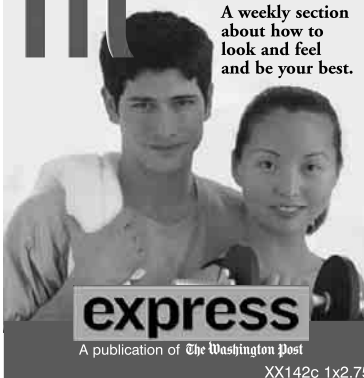
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Millwork co. in Warrenton, VA seeks exper'd. & reliable **Journeyman, Cabinetmakers/Millworkers & Finishers.** Exper req'd. Competitive pay & benes. Pls CALL 540-347-4551, ext. 111 or EMAIL resume to: [kallan@gcabinet.com](mailto:kallan@gcabinet.com)

### CABLE TV

Disconnect or Box Collectors needed. MD/DC/NOVA. 2 yrs. exp. pref'd. Need truck/ladder. Employee with benefits or sub. Motivated only. Weekly pay. Good money opp'ty. Boxco, Inc. 301-258-7600.

### CARPENTER/LEAD

Carpenter Helper, No. VA. own transp. & tools req'd. Top pay 571-237-9431

### CNA, GNA

**Ann Loving Care** is seeking CNA/ GNA. Please submit your online resume at [annlovingcare.com](http://annlovingcare.com) FAX: 301-322-5884

### Construction—BATHTUB REGLAZIER

Needed. Good pay. Must have 2 yrs experience. Must have own vehicle. Bilingual. 301-840-9809 ask for Gary.

### Construction



### Construction Project Assistant

Well established NOVA property management/construction company has immediate opening. Candidate should be experienced with contract control, project accounting, and all standard aspects of construction administration. Excellent benefits package, salary commensurate with experience. Please provide salary requirements and detailed resume via fax 703-876-0548 or email: [resumes@gateshudson.com](mailto:resumes@gateshudson.com) EEO

**Construction — FIELD TECHNICIANS** — will train. Valid lic. Lift over 50lbs. Stable work history. DC Residents encouraged to apply. Call 202-248-0092 fax: 202-248-0178 email [careers@netsystems.ws](mailto:careers@netsystems.ws)

### CONSTRUCTION

Maryland Homes, one of the nation's largest homebuilders, is looking for a Supervisor, Assistant Supervisor and Punch-out technicians with experience in high volume community for Prince George's & St. Mary's County, MD. Ryland Homes offers an outstanding compensation package with a company match 401K plan. Please forward or fax your resume to: Ryland Homes, 4100 Monument Corner Dr., Suite 300, Fairfax, VA 22030. No Phone Calls Please, Fax # (703) 502-5220 Attn: Homebuilding Dept. Ryland Homes is an equal opportunity employer

### CONSTRUCTION PM

Metro area. Comm. govt. work. High profile project. Fax to 301-881-3505

**Construction** — Waterproofing estab. co. offering exc. pay, benefits & steady employment seeks exp'd Waterproofing Foreman & Waterproofing Laborers. Also Carpenters. CALL Matt S. 866-328-2583.

### COUNSELORS

After school program seeks experienced individual to work with children ages 4-11. For more information email: [gsitney@yahoo.com](mailto:gsitney@yahoo.com) or fax resume to: 202-282-0112 Attn: Glen Sitney.

### Counter Attendant

### GOOD TRAINING. GOOD JOBS. GOODWILL.

FT position for Counter Attendant in Ft. Meyer. Good Pay & benefits. No direct skill needed, must be detail oriented and good with paperwork. If qual. submit resume to [hr@fredgoodwill.org](mailto:hr@fredgoodwill.org) or fax to 540-371-3775, or come by office on 1409 Princess Anne Street, Fredericksburg to fill out an application. Persons with disabilities encouraged. EEO/M/F/D/V

## JOBS

### COUNSELORS

Needed for Therapeutic Girls Facility in Fort Washington, MD. FT/PT 3pm-11pm shifts avil. Exp. req'd. Send resumes to 301-292-7539

### Customer Service Dispatcher

Responsible for scheduling concrete appts. & contacting customers. Point of contact for drivers & prepare weekly reports for office staff. FAX: 703-339-3305, Attn: Tracy.

### CUSTOMER SERVICE

Access Worldwide has immediate Full-Time positions available in our Hyattsville office.

Our client is one of the largest online bank and brokerage institution. Must pass background, finger printing & aptitude tests in order to qualify.

- Schedules available between 8AM-9PM
- Base salary after training \$12.00
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### Apply in person:

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Call: 571-438-6555 or Fax: 866-589-7312  
E-Mail: [recruitment.cs@accesswww.com](mailto:recruitment.cs@accesswww.com)

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### Responsibilities:

- Provide service support for sales account managers and advertisers in all areas of sales support.
- Manage ad orders and materials.
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- Respond to inquiries from both external and internal inquiries.

### HOURS:

Wednesday 9:00 a.m. - 5:30 p.m.  
Thursday 9:00 a.m. - 7:00 p.m.  
Friday 9:00 a.m. - 5:30 p.m.

(Your resume will not be considered if you are unable to work ALL of these hours.)

For more information and to apply online, visit us at [www.washingtonjobs.com](http://www.washingtonjobs.com).

Qualified candidates should send a resume and cover letter to:

## The Washington Post

Attn: HR/CSR/CP  
1150 15th Street, NW  
Washington, DC 20071  
Fax: (202) 912-3677  
[Talentsearch@washpost.com](mailto:Talentsearch@washpost.com)

We are committed to diversity in the workplace and promote a drug-free environment.

### DANCE & DRAMA TEACHERS

For After School program. 301-589-1233.

**DANCERS**—Wanted for Gentleman's Club (PG County). \$300-\$500/night. No exp. needed. 240-286-3660 or 301-568-8500

### DENTAL HYGIENIST

FT, Bowie/ Mitchellville area. Excellent salary, state-of-art equipment, friendly atmosphere, paid holidays/vacation, healthcare coverage, bonus+ more. Fax resume to: 301-218-4120 / 301-218-4110.

## Classifieds

## JOBS

## DENTAL HYGIENIST

FT/PT. Established new office in DC. Excellent benefits and salary. Fax resume to 202-362-0036.

## DENTISTS &amp; DENT. HYGIENIST NEEDED

FT/PT position for general Dentist in Baltimore, Jessup, Hagerstown & Cumberland. Hygienist position available in Jessup. Correctional institutions with mostly daytime hours. Benefits inclusive of leave, health & retirement. Pre-employment screening & criminal background check will be required. Interested parties should fax resume to: 410-664-2560 or email: msmc1981@comcast.net.

## DISPATCHER/OPERATIONS

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• Knowledge of the Washington Metropolitan area;  
• 2-3 years of driving experience

If you meet these and are interested in a great opportunity, send a resume & a RECENT copy of your current driving record to the address below.

**The Washington Post**

ATTN: HR/DRVR/CP  
1150 15th Street, NW  
Washington, DC 20071  
Fax: 202-912-3677

**DRIVER** — CDL Drivers for children in Metro Area. Must be 25+ yrs old. MVR/background check & drug test req'd. \$13/hr. split shift. FAX resume: 301-441-8127; or CALL: 301-441-8124. EEO.

## DRIVER

\$2200 + Monthly. Independent Contractors needed for local auto parts deliveries. Fuel program and sign on bonus available. Call 1-888-374-3354.

## DRIVER, DUMP TRUCK

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## Driver

FT, good driving record, steady route work all year, weekday for delivering packages to businesses or residential areas in Gaithersburg. Between \$550-\$650/weekly, driving our step van. Call 301-233-5184 or 301-977-1255.

**DRIVER**—Great Part-time job, earn extra \$\$\$, must have car. Call Sean 703-440-8290

## DRIVING/LIMO - CDL w/P

PT eves & wknds. VA/DC/MD. \$18-\$20/hr. Springfield 703-550-7200

## EDITORIAL - NEWSLETTER

Prof. society in Lanham seeks FT employee as monthly newsletter editor, press officer, & awards mgr. Min. qual. Bachelors, writing, editing exper. MS programs. Excel. benefits. Applications to: **hr@entsoc.org**. No Calls Please.

## ELECTRICIAN

J-Man to run service & small jobs. Top pay, benes, company truck. Call to schedule interview: 202-726-4900 or fax resume to 202-726-1178.

## Engineering

## Mechanical Engineering Technician

The National Gallery of Art seeks to hire a full-time individual experienced in the design of mechanical systems, including Heating, Ventilation, and Air Conditioning (HVAC), plumbing, and the application of associated controls, to develop contract documents and inspect work performed by contractor personnel. The individual shall be experienced in the use of AutoCAD for the preparation of assigned drawings and shall be knowledgeable of estimating techniques for developing cost summaries. Annual salary up to \$84,559. U.S. citizenship is required. For specific application information and instructions go to <http://jobsearch.usajobs.opm.gov/a9nga.asp>. The vacancy announcement number is 06-67 and the deadline for applications is 8/11/06.

**FINANCIAL SERVICES**—Get paid while building a Financial Service Business. Working FT/PT no exp. nec. Will train. High earning potential. Call Mr. Mines 301-728-5819 or Ms. Hinton 301-728-0440

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- **HOTEL ROOM ATTENDANTS** (min. 6 mos. exp.)
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- **CASHIERS**

Apply in person Tue thru Sat, 9am to 2pm with police clearance, 2 ID's, B/W, and references to 600 PA Ave. SE, Rm. 105 WDC

## HOTEL MANAGER

for DC based Resorts Corp, FT, excellent salary & benefits. Call HR Dept. 713-867-3440.

## HOUSEKEEPING

**FT HOUSEMAN FOR COUNTRY CLUB**—Must be familiar w/Banquet setup - flex hours - avail weekdays & weekend shifts. Excel benefits. Apply @ 6100 Connecticut Ave, Chevy Chase, MD 20815 or get application online at [www.chevychaseclub.org](http://www.chevychaseclub.org) & fax to 240-243-0004.

## Human Resource Generalist

St. Coletta of Greater Washington is a state of the art special education facility serving school-age children and adults with mental retardation, autism and secondary disabilities. As we prepare to open our new Public Charter School in Washington DC for the 2006-2007 school year we are actively recruiting for the following position:

- **Human Resource Generalist.** This entry-level position will provide overall support to the Human Resource function including maintenance of personnel and payroll records, recruitment and applicant tracking, employee relations, and benefits administration. Requires a Bachelor's degree with 2+ years of experience in Human Resources. PHR certification a plus.

Requires exceptional oral and written communication skills and proficiency in Microsoft Office (Word, Excel, PowerPoint); experience with ADP automated payroll/human resource systems a plus. Highly energetic, creative, proactive, professional, self-motivated candidate required for this fast-paced, diverse environment.

Currently within walking distance of King Street METRO, our new school will be directly opposite the Stadium/Armory METRO exit on Independence Avenue, SE. We offer top competitive salaries and excellent benefits. Learn more about us and our new school at [www.stcoletta.org](http://www.stcoletta.org). Mail resume to: St. Coletta of Greater Washington, 207 S. Peyton Street, Alexandria, VA 22314; fax: 703-683-9888; [Jobs@stcoletta.org](mailto:Jobs@stcoletta.org). No calls please. EOE

## HVAC

## A/C EQUIPMENT MECHANIC

The National Gallery of Art has multiple vacancies for A/C Equipment Mechanics, responsible for operating, maintaining, and repairing mechanical systems, air handlers, pumps, compressors, etc. Secure government job, great benefits. Starting wages \$45,000. Call Mr. John Bixler, 202-842-6350 for more information. U.S. citizenship is required. For specific application information and instructions go to <http://jobsearch.usajobs.opm.gov/a9nga.asp>. The vacancy announcement number is #06-64

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Lic'd life agents with agency building & renewals. Ask for Mrs. Murray, 301-430-0310

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## Landscape

## Course Maintenance Worker

FT/PT available. Hilltop Golf Club, Alex. VA. Excellent benefits. CALL: 571-722-4403.

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FedLock seeks ENTRY LEVEL (will train) & EX-PEER'D TECHS. Installation/service, access control, hardware, no auto, no on-call. Great oppty for personal/professional growth, exc salary/benes. Fax 703-525-1637 Attn Michael

## Maintenance

## AC/MAINTENANCE TECH

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## Maintenance

## Maintenance Tech for Apts.

Great pay w/exper. in plumbing, elec., carp., apt turnover. HVAC skills a +. Fax resume w/salary reqs to: 301-559-3931. Se Habla Espanol.

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Motivated, organized indiv. w/mrktg. skills. MS Office & Publisher a must. Chantilly, VA. Min 25 hrs. Sal + bonuses. Resumes to: [tvrg12004@yahoo.com](mailto:tvrg12004@yahoo.com)

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## Maintenance

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## MEDICAL RECORDS CLERKS

Immed. PT/FT openings to copy/scan med. recds. at local hospitals, Alexandria/Fairfax. EMAIL resume to: [Universata,kathryn.bibby@universata.com](mailto:Universata,kathryn.bibby@universata.com) OR FAX: 315-468-5490.

MEDICAL RESEARCH  
COORDINATOR

Bethesda, MD. Must have at least 1 yr. clinical trial exp. Engl/Span. Bilingual a plus. Detailed. Phleb +EKG exp a plus. Excel salary & benef. Fax resume to: **301-530-2304**

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Classifieds

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SALES

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SALES

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SALES

**The Washington Post**

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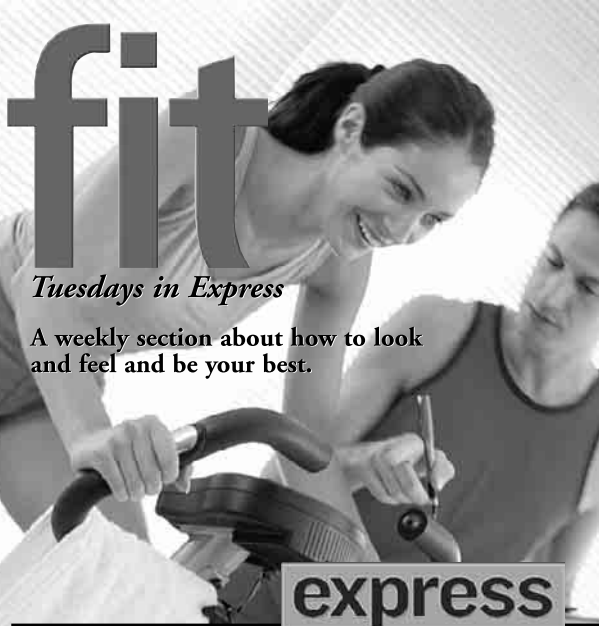
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# LOOK out

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## Education

### Schools juggling when to close for religious holidays

Sikh, Muslim, Buddhist, Jewish, Hindu and Christian — each faith has its holy days. Schools across the United States are asking how to respect them all.

Consider the University at Albany, which canceled classes on major Muslim holidays. Faculty wanted the move out of concern for Muslim students after the Sept. 11, 2001, attacks. But then came the questions: What about Hindus? Buddhists?

President Kermit Hall last fall decided to return to the original calendar.

"Can you operate a university and give each religious group an accommodation? I think the answer is, 'No,'" he says.

Make that "maybe." School administrators across the country are rethinking their calendars as their student bodies become more diverse.

In May, Muslim parents asked New York City's education department for days off on two major

Muslim holidays, which some districts in Michigan and New Jersey already have granted. In January, a Long Island mosque petitioned New York Gov. George Pataki to consider the holidays when scheduling mandatory statewide testing. Last month, the state Legislature passed a bill that would take all religious holidays into account when scheduling the mandatory tests. The Council on American-Islamic Relations called it the first step toward recognizing Muslim holidays in public schools.

But also last month, despite a Muslim group's lobbying at every board meeting, the Baltimore County district in Maryland approved a calendar with a day off for the Jewish holiday Rosh Hashana, but none for Muslim holidays. The group had hoped the district's growing diversity — 47.8 percent of students last year were minorities — would be persuasive.

"Either I go against my faith, or I miss my schoolwork and have imperfect attendance," said 15-year-old Kanwal Rehman, who will enter 10th grade in Baltimore this fall.

It can get complicated. When Muslims in the Tampa Bay region of Florida asked for a day off to celebrate the end of Ramadan, another local religious group perked up.

INSIDE

The revealing history of pageants | **35**



**Blog Log:** Meditations on Adrian Fenty | **36**

**Thinner:** Lionel Richie is worried for Nic | **38**



**CONFLICT OF CONSCIENCE:** Kanwal Rehman chose between school and faith.

## Holy Day Decisions

"There was discussion in the Hindu community if we should also push for a holiday," said Nikhil Joshi, a board member of the national Hindu American Foundation.

The Hillsborough County school board responded by ending days off for all religious holidays. The move inspired more than 3,500 e-mails. Finally, the district restored this fall's original calen-

dar, with days off for Good Friday, Easter Monday and the Jewish holiday Yom Kippur.

School districts say they can't take days off for purely religious reasons, but they can act if they think operations are affected by students or staff taking the day off.

That practice gives school holidays a certain regional flair. Some schools close for the beginning of hunting season. San Francisco schools have Cesar Chavez Day on March 30 to celebrate farmworkers, and Chicago schools have March 5 to honor Casimir Pulaski, a Polish count who helped the American side in the Revolutionary War.

Religion is more sensitive. Some districts mark "special observance days" when no test or exam can be scheduled. Other districts find inspiration in the business world — each student gets a number of "floating" days to celebrate his or her own holidays with an excused absence.

"Choose your own holiday" has become more popular," said Kathryn Lohre, assistant director of Harvard University's Pluralism Project, which studies diversity in religion. "It takes pressure off the school boards."

New Jersey's board of education now lists 76 excused religious holidays, from Russian Orthodox to Sikh. New York City schools are even more flexible. Students with a letter from parents get an excused absence for a holiday in any religion. CARA ANNA (AP)

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# Waiting on the Angels

## Business

### Businesses in Cody, Wyo., gear up for the Hells Angels roundup

Gail Nace can't help but smile, talking about Hells Angels and the business they'll bring to her downtown bar when they ride into town this week for a major gathering.

But Hells Angels, with their outlaw image, aren't just any bikers, and not everyone is rolling out the welcome mat.

There are concerns, too, that either Hells Angels or the beefed-up law enforcement contingent planned for the group's World Run will scare off tourists during the height of Cody's bread-and-butter travel season.

"We'll be glad when they're gone," City Administrator Laurie Kadrich said.

The rally has been the subject of countywide public meetings. It's led to primers on interacting with

**“Since this is the United States of America, we're going to be willing to have them and serve them as best we can.”**

**GENE BRYAN**  
EXECUTIVE DIRECTOR-CHAMBER OF COMMERCE.

members of the infamous biker group on the streets or in shops — “Be smart. Use common sense.” And it's become a full-time preoccupation of Police Chief Perry Rockvam; before this, the biggest event he has handled in his two years as chief was the Fourth of July parade.

His biggest worry: crowds, and the possibility of conflict. Not only will Hells Angels be here — with as many as 1,500 people, by one law enforcement estimate — but Cody's popular nightly rodeo also will be going on, and the Park County fair will be in a nearby town. Rockvam expects the mystique surrounding



**READY AND WAITING:** Gail Nace welcomes Hells Angels' business at her bar.

Hell Angels will draw a fair number of gawkers.

"The thing for us is to plan for the worst and hope for the best," he said.

George Christie, a Hells Angels

member from Ventura, Calif., said he belongs to a motorcycle "club" — "We've never been proven to be a criminal group" — and a brotherhood that values respect.

"Despite what people might tell

you, I wouldn't bring my family to a situation I thought was volatile," said Christie, who wants to show his wife and two kids an area of the country of which he's fond.

Gene Bryan, executive director of the chamber of commerce, expects "a handful" of businesses to do well from Hells Angels over the next week. But he fears their presence could cause tourists to move through Cody quickly, or skip it altogether.

"We did not court this group, nor would we ever," Bryan said. "But since this is the United States of America, we're going to be willing to have them and serve them as best we can."

Nace, who runs the Silver Dollar bar — the site she says Hells Angels picked as its designated watering hole here — thinks it would be crazy for any business to close during the rally.

"I say, 'Come on in, boys. Have a good time,'" she said.

Theresa Lamson, who is with the chamber of commerce for Laconia-Weirs Beach, N.H., said Cody should look forward to what trade it can get, either from Hells Angels or the police in town to help keep the peace.

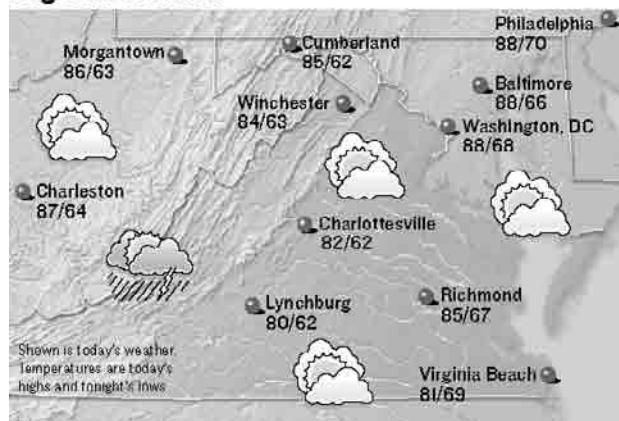
"Embrace it all; they're all spending money," she said. "Who cares where the money is from?"

BECKY BOHRER (AP)

### 5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
88°	68°	91° / 74°	92° / 76°	93° / 75°	92° / 74°

### Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2006

### Almanac

Washington, D.C., through 4 p.m. Mon.

#### Temperature

High	85°
Low	67°
Normal high	89°
Normal low	71°
Average humidity	55%

#### Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	3.56"
Normal month to date	2.83"
Year to date	28.65"
Last year to date	27.07"
Normal year to date	21.99"

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[washingtonpost.com/weather](http://washingtonpost.com/weather)

### Regional Forecast

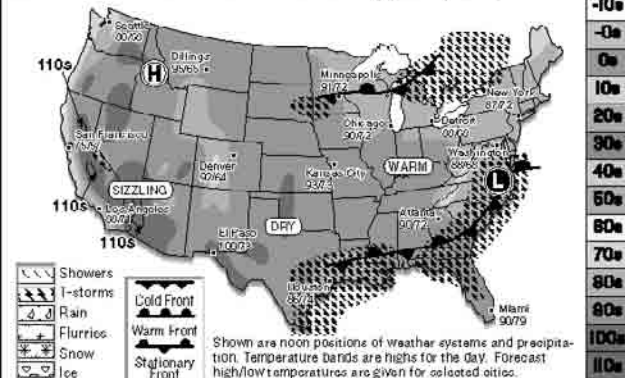
**D.C. Metro:** Today, partly sunny, afternoon thunderstorm, humid. High 89. Wind south-southeast 6-12 mph. Tonight, partly cloudy. Low 72.

### Sun and Moon

Sunrise today	6:03 a.m.
Sunset tonight	8:26 p.m.
Moonrise today	6:10 a.m.
Moonset today	9:08 p.m.



### National Weather for Tuesday, July 25



### National Cities

City	Today	Wed.
Atlanta	90/72/t	91/69/t
Boston	88/70/s	88/70/pc
Chicago	90/72/pc	86/71/pc
Dallas	94/75/pc	91/77/pc
Denver	92/64/t	94/63/t
Honolulu	88/75/s	88/75/s
Los Angeles	88/71/pc	86/70/pc
Miami	90/79/pc	90/79/pc
New York City	87/72/e	88/74/pc
Orlando	92/75/t	92/75/t
Seattle	80/58/pc	80/60/s

### World Cities

City	Today	Wed.
Amsterdam	84/64/s	82/66/pc
Athens	92/72/s	90/72/s
Berlin	88/64/s	90/64/pc
Buenos Aires	64/58/c	63/44/c
Calgary	80/58/pc	78/54/pc
Dublin	73/55/pc	72/55/pc
Geneva	90/64/t	89/59/pc
Moscow	78/56/pc	78/58/pc
Rome	88/72/t	90/72/pc
Sydney	61/50/pc	59/54/r
Tokyo	77/72/sh	81/72/pc

s=sunny, pc=partly cloudy, c=cloudy, sh=showers, t=thunderstorms, r=rain, sf=snow flurries, sr=snow, i=ice

Styles

LOOK  
out\*

Above, Mary Ann Mobley is crowned Miss America 1959. At right, Miss Universe 2006 Zuleyka Rivera in the evening gown competition.

# There She Is

Book explores the history of pageants

When you see a beauty pageant, you might see eye candy in bathing suits and high heels. When Elissa Stein looks at a beauty pageant, she sees a bit more: a snapshot of a nation's young women and their thoughts, interests and ideals.

Stein, who has written books on prom queens and cheerleaders, looks at the history of beauty and scholarship pageants in her new book "Beauty Queen" (\$16, Chronicle), assembling photos,

brief bits of history and words of wisdom, such as how to pack for a pageant.

"Early pageants were radical and the contestants were seen as feminists," Stein said. "Being a beauty queen was a way to put yourself out there in a time when women didn't go to college and had no other way out of their small towns."

Miss America, as well as many local contests, disappeared in the

late 1920s and early '30s — a victim of the Great Depression and conservative values. In 1935, master marketer Lenora Slaughter took over as Miss America's director. She recognized the opportunity for the pageant to become a tool of success for increasingly independent young women. The contestants would focus on their scholarship, talents and good works, she decided, even if judges and the public might focus more on their figures.

Slaughter, in fact, began calling Miss America a "scholarship competition," which is how it is still officially described today. The Miss America Organization claims to be the world's leading provider of scholarships to young women, making \$45 million in aid available annually. It was also under Slaughter's tenure that Miss America began to take on the look of "every-girl USA."

But as the public has come to embrace individuality, it's become harder to pick one woman who represents the ideal look, which might explain the identity crisis that pageants themselves and, maybe more importantly, their TV ratings have suffered the past few years.

Pageants are particularly popular in the South and Midwest, Stein said, where it's usually more socially acceptable for young girls to aspire to be beauty queens. "It does seem like Miss Texas is always in the top five. I think it's a rule!"

But Stein also burst the myth that the average pageant winner is a blond, blue-eyed Barbie: More Miss Americas have been brunette than blond.

SAMANTHA CRITCHELL (AP)

## Men



### Real Men Feel Pain

The most difficult part of testing **NAD'S FOR MEN** (\$20, drugstore.com) was finding a guy willing to get waxed solely for the excitement of seeing his name in the paper (thanks, Mitch!). Otherwise, the no-heat hair removal system was quick, neat and easy to use. Meant for anywhere there's unwanted fur, all you have to do is spread the blue-green wax in the direction of hair growth, apply the reusable cloth strip and yank. There was some pain when the wax was applied, as it's sticky and grabbed onto the leg hair; however, the one-two-three-rip removal system was, according to our tester, relatively pain-free.

KRISTEN PAGE-KIRBY (EXPRESS)

## Beauty

### Scent From Heaven

While the company has been around since 1993, **CAROL'S DAUGHTER** has recently skyrocketed in popularity, thanks to celebrity converts (Mary J. Blige, Jada Pinkett Smith) and a recent deal with Sephora to carry its products. The new Rosemary Mint Shampoo with Sea Moss (\$11.50, carolsdaughter.com and Sephora) had a strong eucalyptus-y scent, so much so our tester's eyes watered. The Black Vanilla Leave-In Conditioner (\$10), however, was "so sweet" and left hair soft, silky and wonderfully smooth. K.P.K.



# LOOK<sup>\*</sup>out Online



from readexpress.com

## Sudoku's Self-Sustainability

**DISTRACTIONS** | On Monday, Free Ride asked Sudoku fans (and Express readers who don't dabble in the gridded number game) whether they agreed with the Chicago Tribune's Eric Zorn's contention that Sudoku was just a "passing fad," calling it the Rubik's Cube of our decade.

Jennifer Wand of Oakton, Va., responds: "Having lived in Japan for a year, I can report that there are more Sudoku magazines there than there are crossword or word-find puzzles in the magazine racks here. There are endless varieties of Sudoku: Color Sudoku, Even/Odd Sudoku, Relay Sudoku, Giant Sudoku, Jigsaw Sudoku... each magazine has five or six of these varieties.

I'm waiting for some enterprising businessman to bring some of those magazines here (and I hope I get in at the ground floor if they do!)

So, assuming that the Sudoku craze will deepen on this side of the Pacific, get ready for greater obsession. **MICHAEL GRASS (EXPRESS)**

### Metro's Photo Policy

**SECURITY** | Since Metro safety announcements come so frequently these days, they often now just settle into the recesses of riders' brains. But while traveling through the system on Friday, Free Ride heard one announcement that caught our attention as our Red Line train was letting passengers on and off at the Farragut North station: "... If you



ANDREA BRUCET/TPW

**PHOTOS IN METRO:** Taking pictures of Metrorail is still OK, officials say.

see any suspicious activity, including people shooting photos or videos of stations or tracks, please report ..." Our ears perked up. Had Metro banned photography within the

transit system?

Metro spokeswoman Lisa Farbstain clarified the train operator's announcement about photography, saying that Metro's policy on taking photos inside the Metrorail system hadn't changed: People are free to take pictures, as long as they aren't using tripods or other such equipment without prior permission.

But taking photos specifically of train tunnels or sensitive operational or mechanical systems is likely to raise some natural suspicion by transit police and commuters. **M.G.**

### → Coming Up Today

Tai Shan the panda may be the poster child of overexposure. Now there's a panda awareness bracelet so nobody will ever forget him.

Also, with a handful of plans for new grocery stores — confirmed and proposed — in the District, it's hard to keep all of them straight.

## ? Poll Center

TODAY'S QUESTION

Should the District expand its speed camera program?

1. Yes
2. No

YESTERDAY'S RESULTS

Is Tiger Woods the greatest golfer of all time?

**YES NO**

59% 41%

As of 6 p.m. Monday. Not a scientific poll

GIVE YOUR OPINION ON TODAY'S POLL QUESTION AND GET A STATION-BY-STATION BREAKDOWN OF HOW YOUR FELLOW METRORAIL COMMUTERS VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://READEXPRESS.COM/POLLCENTER.PHP)



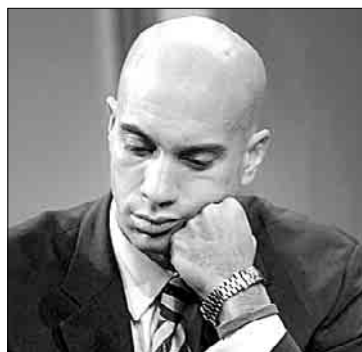
"This is totally disgusting. If Star Jones came to my house and stained my couches, I would hit her with something heavier than a football."

**YEEEAH.COM/BLOG** IS REPULSED BY A REPORT IN THE NEW YORK DAILY NEWS THAT STAR JONES REYNOLDS STAINED A COUCH WITH BODY MAKEUP AT A JULY 4 PARTY, CAUSING \$1,500 WORTH OF DAMAGE.

### A 14th St. NW Patrol

"It's great to see an increased police presence in what was heretofore an increasingly dangerous neighborhood. But to force the horse to stand directly in front of Yum's for hours on end is tantamount to animal cruelty."

**CAFE227.BLOGSPOT.COM** SNAPS A PHOTO OF A D.C. MOUNTED PATROL OUTSIDE THE CHINESE RESTAURANT ON 14TH STREET NW, JUST SOUTH OF U STREET.



### Fenty's Attributes

"Now for those 39 percent who favor Fenty, does anyone know how he will govern? ... I honestly don't know. Is he a populist? An anti-corporate type? Will he favor branch libraries over MLK? Will he put on a strip show at his inauguration? Inquiring minds want to know."

**JLBKKE.BLOGSPOT.COM** REACTS TO A WASHINGTON POST POLL SHOWING THAT WARD 4 COUNCIL MEMBER ADRIAN FENTY IS LEADING IN THE D.C. MAYORAL RACE.

### Into the Trenches

"It was a good first step toward getting the U.S. involved ... in the region; it should also help disarm critics who say the American government doesn't care about the loss of life in Lebanon."

**GREGG CARLSTROM.COM** ON CONDOLEEZZA RICE'S SURPRISE BEIRUT VISIT ON MONDAY.

"Pakistan needs nukes because of India. India needs them because of China. China needs them because it wants to threaten the region ... Nukes are now the town of great powers."

**PENRAKER.COM** ANALYZES PAKISTAN'S NUCLEAR ASPIRATIONS, FOLLOWING A WASHINGTON POST REPORT ABOUT THE NATION CONSTRUCTING A PLUTONIUM-PRODUCING REACTOR.

## Live Online

### Travel Deals

The Post's **FLIGHT CREW** was online Monday and talked about good deals for getaways and which places are making fine vacation destinations.

**Where's a place to go at the Jersey shore with a boardwalk, but no major thrill rides that attract teenagers?**

Both of the boardwalks in Ocean City, N.J., and Point Pleasant are nice and don't have major headbanging thrill rides, like the ones at Wildwood and Seaside and Atlantic City.

**Next month, I'm spending one day in L.A. It is just a stopover, so I will be staying at the Westin near the airport. What should I do during my one day in L.A.?**

The Getty museum is a must.

**Which Hawaiian island should I go to for my honeymoon?**

It just depends on what you're most interested in. Volcanoes and hiking? The Big Island. A more cosmopolitan scene and Don Ho? Oahu. Something totally

out of the way and untouristed? Molokai. Several coworkers here just returned from honeymoons in Hawaii, and both visited the same place: the North Shore of Kauai, which is a natural wonderland, fairly secluded from everyone else and rarely crowded.

**Just found a great deal on a hotel on eBay and off I go! Three days in Cologne and a cruise on the Rhine. What else shall we do? We've got 10 days total and have extensively explored the Munich area before.**

If you like music and museums, check out Bonn, which has good options for both. The shopping is great in Düsseldorf, especially for ready-to-wear fashion.

**We're traveling through St. Petersburg for three days and Moscow for one during a trip to Europe next month. What are the must-sees in these cities?**

In St. Petersburg, I recommend the Hermitage and the Russian Museum. But above all, take a day trip by bus of the palaces around the city. If you have some rubles to blow, have lunch or dinner at the Astoria and see a ballet.

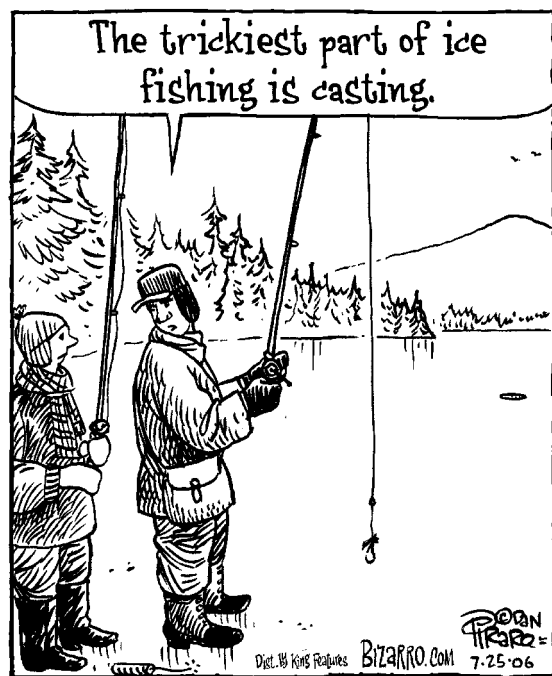
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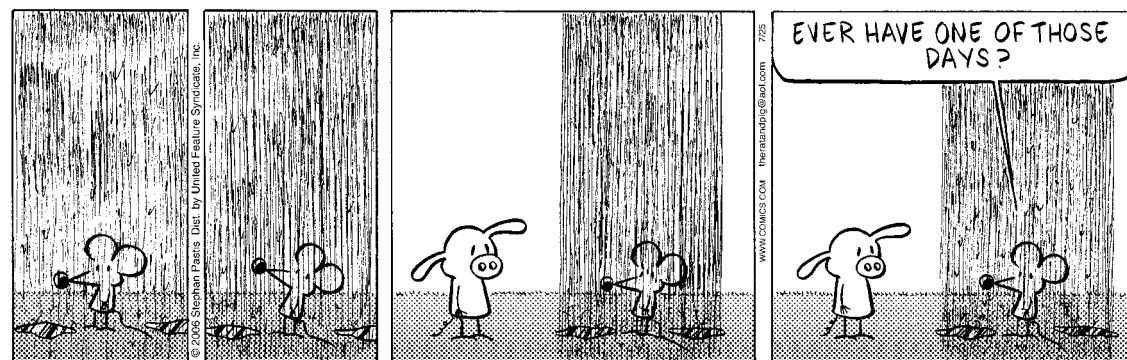
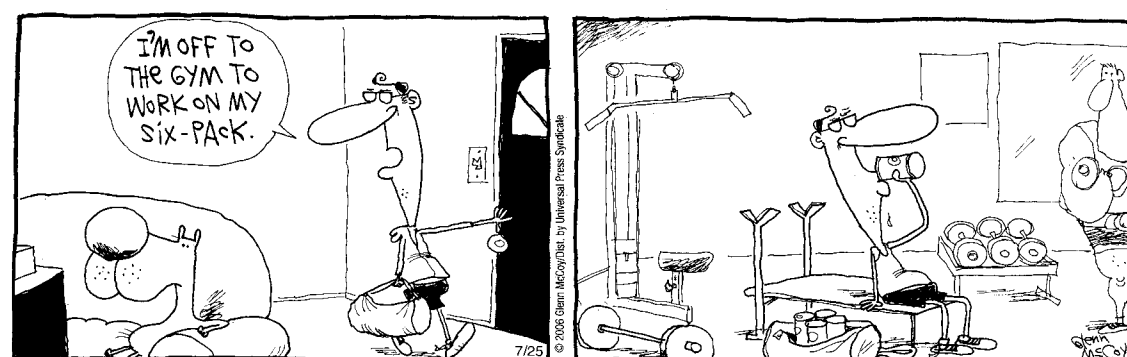
**NAME THE TIGER 'JATI.'** How would you like your name to be 'teak wood'? Yeah, that's what we thought. So when voting on names for the National Zoo's new Sumatran tiger cubs ([action.fonz.org](http://action.fonz.org)), avoid supporting the more uninspired options, i.e., 'magic stone.'



**JEWEL:** The singer/songwriter/poet/actress discusses her latest album, recent tour and more at 1 p.m. | [washingtonpost.com/liveonline](http://washingtonpost.com/liveonline).



**Bizarro** | Dan Piraro

**Pooch Cafe** | Paul Gilligan

**Pearls Before Swine** | Stephan Pastis

**The Duplex** | Glenn McCoy

**Cornered** | Mike Baldwin


"If we make a mistake, the shareholders expect us to own up to it. Or, if that isn't practical, lease up to it."

## Horoscope

By Stella Wilder

**LEO (July 23-Aug. 22)** You may be feeling as though fortune is playing with you, but the pieces of a complex puzzle are slowly falling into place.

**VIRGO (Aug. 23-Sept. 22)** Discuss your plans with someone who matters, and you'll realize it's best for you to combine your efforts with that special someone.

**LIBRA (Sept. 23-Oct. 22)** You may be feeling a surprising lack of support for a new idea or plan. Perhaps you need to do a little more to earn the support you need.

**SCORPIO (Oct. 23-Nov. 21)** You may not be able to avoid all awkward situations, but you should be able to acquit yourself better than most by maintaining good humor.

**SAGITTARIUS (Nov. 22-Dec. 21)** Alatestart is more hazardous than you think, and you must strive to get past a certain formidable obstacle as soon as you can.

**CAPRICORN (Dec. 22-Jan. 19)** You may be considering a dramatic life change that

has you concerned about the future — and others concerned about your emotional state.

**AQUARIUS (Jan. 20-Feb. 18)** You may have trouble accepting something that is handed down as official policy. You can put up a fight, but be patient.

**PISCES (Feb. 19-March 20)** You'll be willing to work long and hard to reach a goal you set for yourself some time ago. Others will be impressed with your diligence.

**ARIES (March 21-April 19)** Don't misinterpret someone else's words and actions. Don't pass judgment until you know what's really meant.

**TAURUS (April 20-May 20)** Men and women may be at odds over something they don't fully understand — and it'll be up to you to play mediator.

**GEMINI (May 21-June 20)** You may be slow to come around, but a friend is willing to wait for you to see the light. It's a good day to forgive and forget.

**CANCER (June 21-July 22)** You'll have plenty of time to figure out what to wear, how to act and what to say — and you can change your mind at the last minute, too.

## Letters

### Adding to an Image Problem

**I DON'T OFTEN COMPLAIN** about image choices in the newspaper, but the picture used in Thursday's "U.S. Steps Up Lebanon Evacuation" article made me cringe. It looked like a dinner party more than an evacuation, with suited servers handing out drinks on cloth-covered trays. While Lebanon is getting

flattened, these people get served like guests at a gala.

It's just that the picture seemed to show another case of the "ugly American" stereotype — spoiled, clueless and arrogant Americans getting what they want no matter what.

I much prefer the pictures showing the airlift by helicopter ... those people, at least, looked upset, tired and possibly in peril.

—LISA PUGH  
Silver Spring, Md.

**WRITE TO EXPRESS:** Include name, hometown and telephone number. Submissions may be edited. E-mail to [inbox@readexpress.com](mailto:inbox@readexpress.com) or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

## Today in History

**1866** Ulysses S. Grant was named general of the Army, the first officer to hold the rank.

**1946** The United States detonated an atomic bomb at Bikini Atoll in the Pacific in the first underwater test of the device.

**1956** The Italian liner Andrea Doria collided with the Swedish passenger ship Stockholm off the New England coast late at night

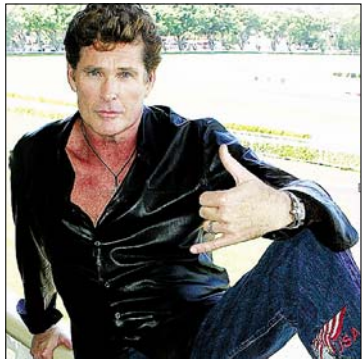


The Andrea Doria collided with another ship, sinking 11 hours later.

and began sinking; at least 51 people died as a result of the impact.

**1978** Louise Joy Brown, the first "test tube baby," was born in Oldham, England; she'd been conceived through the technique of in-vitro fertilization.





Hoff strikes his best "Euro player" pose.

## BRITISH PRESS

### Hoff Terrorizes London With Drunken Binges, Razor

**DAVID HASSELHOFF** sliced four tendons and an artery in his arm last month in a shaving accident in London. Earlier this month, there were press reports that an intoxicated Hasselhoff had to be removed from the All England Club, which presents the Wimbledon tennis championships. "The tabloids make so much stuff up," he said. (AP)

## CHARITY

### Just a Bundle of Talent

A star-studded lineup that includes Richard Gere, **ALICIA KEYS** and the Barenaked Ladies will kick off the opening ceremonies for next month's International AIDS Conference in Toronto. Other performers who will take to the Rogers Centre stage Aug. 13 to help open the conference will include Blue Man Group and Canadian artists Our Lady Peace, Amanda Marshall and Chantal Kreviazuk. (AP)



## UH-OH

### Her Dad Is Scared

Lionel Richie, father of size-zero **NICOLE RICHIE**, says he's hurt by media chatter about his daughter's weight loss. "I'll be honest with you: It hurts me more than it hurts her," the 57-year-old singer told "Access Hollywood." "I must tell you, I'm the basket case." Richie admitted that he has talked to his daughter about her weight. (AP)

## RECUPERATING

### Tenor Vows to Return

**LUCIANO PAVAROTTI** says he has no intention of letting the curtain fall on his singing career despite recent surgery for pancreatic cancer. "I have every intention of returning to singing," the 70-year-old tenor said in an interview published

Monday in La Stampa. "I want to finish my tour. I can't give precise dates because I'll have to discuss it with the doctors, but I think I'll start again next year," he told the newspaper. (AP)



## TRANSFERS

### Hatch Voted Out of Prison For Hoarding Food, Nudity

**RICHARD HATCH** has been sent to a federal prison in Oklahoma as he serves a 51-month sentence for failing to pay taxes on the \$1 million he won on CBS's "Survivor." Hatch, 45, arrived last week at the Federal Transfer Center in Oklahoma City. It wasn't immediately clear why Hatch was moved or whether he will serve out



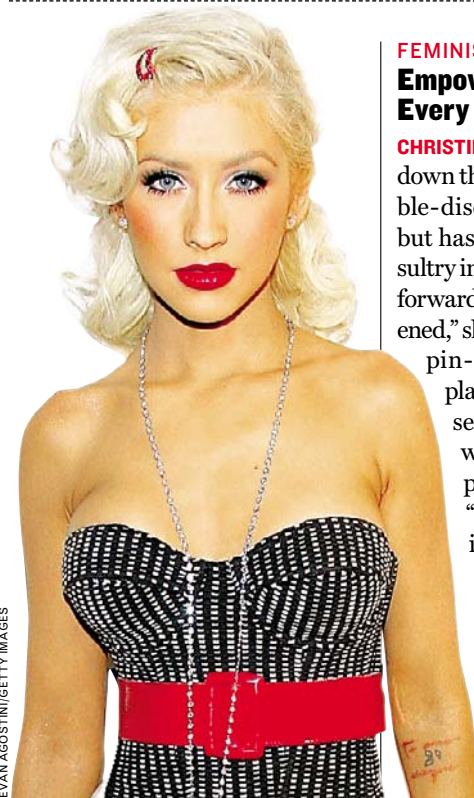
his prison sentence at the facility, which is a hub for prisoners transferring through the federal system.

A federal jury convicted Hatch in January of failing to pay taxes on the income. He was sentenced in May to 51 months in prison by a judge who said the reality star had lied repeatedly on the witness stand. Hatch had previously been held at the Plymouth County Correctional Facility in Massachusetts. (AP)

## FEMINISM

### Empowerment Grows With Every Garment You Shed

**CHRISTINA AGUILERA** says she's toned down the sexuality on her new double-disc album, "Back to Basics," but has no regrets about her prior sultry image. "The sexuality coming forward on this record is more softened," she told Newsweek. "It's more pin-up, tongue-in-cheek. It's playful. People take sex far too seriously." Aguilera said she was proud of the image she projected on her last album, "Stripped," in part because it elicited strong opinions. "If you liked it, you wanted to root for me — 'Look, she's empowered.' If not, well, you'd stick all those labels on me." Aguilera also said there was never a feud between her and Britney Spears. (AP)



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# LOOK out

## Brush Aside

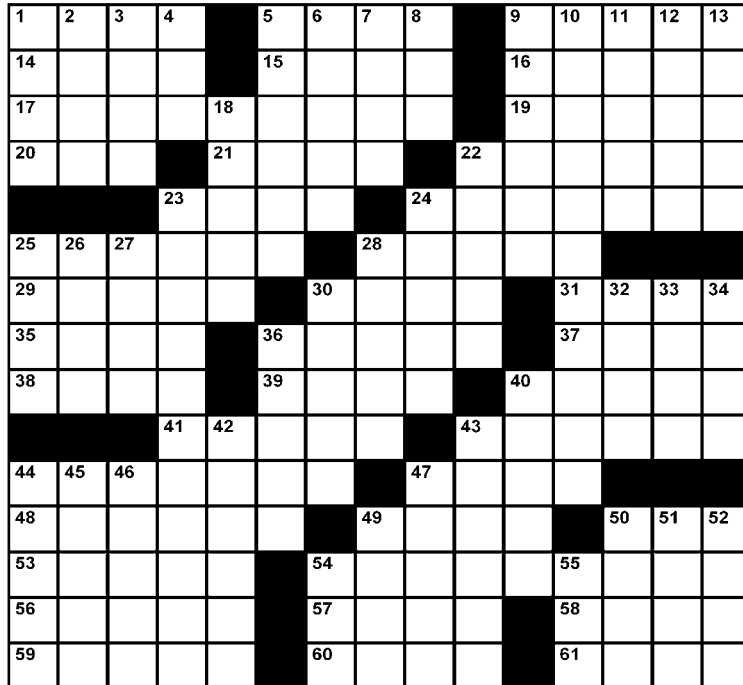
### ACROSS

1 Guy in a sty  
5 Divide  
9 In process  
14 "... \_\_\_\_ to leap  
tall buildings ..."  
15 Perched on  
16 Stars with  
fluctuating  
brightness  
17 1969 music event  
19 Persona non

48 Point on an orbit  
49 Word with star  
or ranger  
50 Crazy way to go  
53 Summer TV  
fare  
54 Alex Raymond's  
cartoon character  
56 Put at bay  
57 City on the Oka,  
near Moscow  
58 Island east of  
Java  
59 Spicy sauce  
60 Roberts'  
co-star, twice  
61 Rabbit of fiction

### DOWN

1 Cry one's eyes  
out  
2 The duck in  
"Peter and the  
Wolf"  
3 What little  
things mean?  
4 Valentine's  
Day's signature  
color  
5 Regional  
dialect  
6 Ringlike coral  
island  
7 Word with salt  
or garden  
8 Toll hwy.  
9 Brings to the  
boiling point  
10 Queens tennis  
community  
11 Not perfectly  
round  
12 Tom Mix film,  
e.g.  
13 Winter Palace  
residents  
18 Digging tool  
22 Option on some  
sporty cars



23 One goes  
through these to  
get to the majors  
24 Model's asset  
25 Word with night  
or bridge  
26 Emu's tail?  
27 Certain  
gemstone  
28 With a touch of  
irony, often  
30 Hats from nets  
32 Sponsorship  
(Var.)  
33 Leonardo's  
subject  
34 Strait-laced  
36 Binge  
40 Swiss city on

the Rhine  
42 Plan of action  
43 Rigid bracelet  
44 Some deer  
45 "Turandot," for  
one  
46 Edible  
mushroom  
47 Silly blunder  
49 Work as a  
barker, e.g.  
50 Partially open  
51 Carpet  
component  
52 Middle Eastern  
prince  
54 Nudge, as the  
memory  
55 Flow partner

### Yesterday's Solution

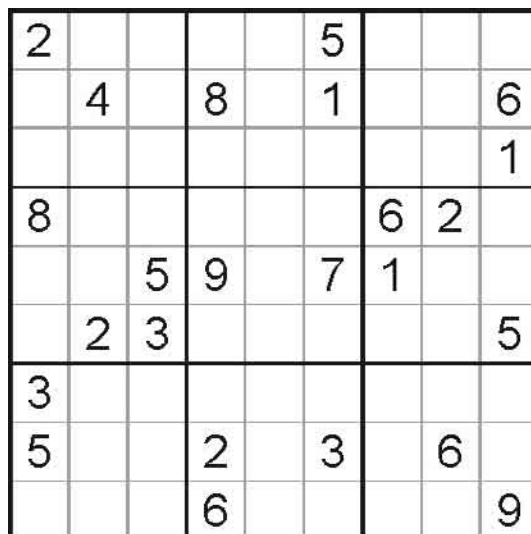


## Su | do | ku

Degree of Difficulty: MEDIUM

Fill in the boxes so  
each row, column  
and 3-by-3 square  
includes the digits 1  
through 9. For solu-  
tion, tips and com-  
puter program, see  
www.sudoku.com

### Yesterday's Solution



### Need more Su | do | ku?

Find another Sudoku  
puzzle in the Comics  
section of the Post  
every Sunday and in  
the Style section ev-  
ery Monday through  
Saturday.

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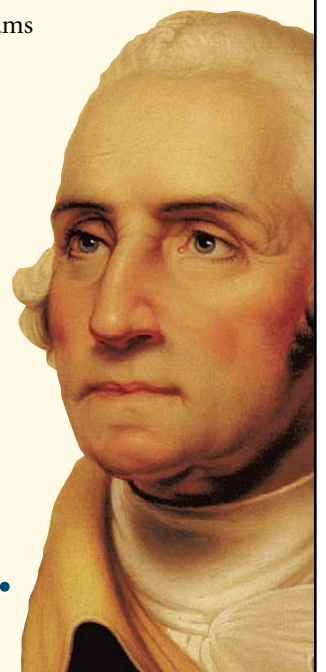
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# fit

GOODS

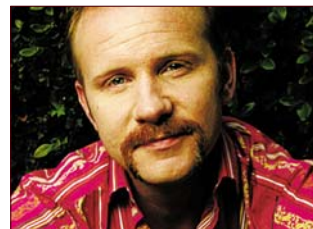
## Food for the Fellas



Nutrisystem for Men woos guys with hearty grub | **E3**

NUTRITION

## Prison Break-fast



What the 'Super Size Me' star ate during his 30-day stint in a Virginia jail | **E6**

express

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# Man's Best Exercise Partner

You and your dog could use a jog to lose weight | **E4**



GETTY IMAGES

➔ **PLUS:** A yoga teacher to the stars brings his poses to D.C. for a monthlong course | **E5**



# BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

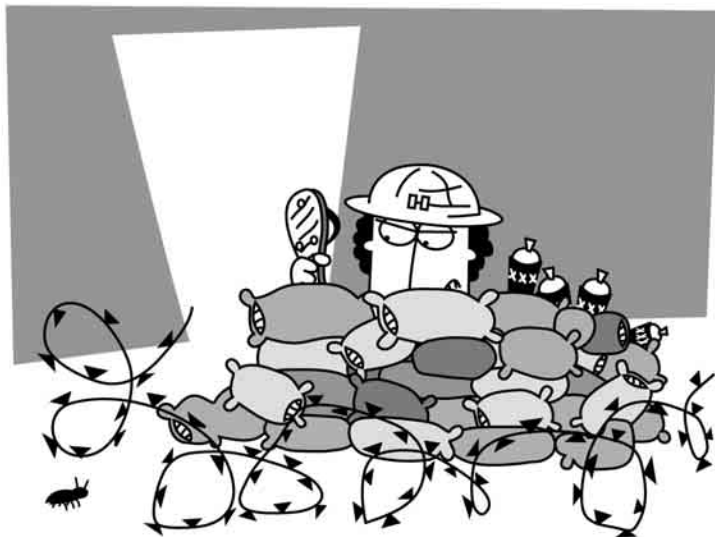


## Creeped Out by Bugs, and One's Own Envy

**Q** I am a 33-year-old woman with a serious distaste for bugs. Spiders, grasshoppers, roaches, you name it. I am not being funny when I say that I sometimes stay in relationships just to have a guy around to kill them. I'm wondering, though, if this is actually a phobia in the true sense of the term. I feel like there are a lot of women like me. —DC

Oh, don't mind that — it's just the sound of the feminist movement evaporating.

Since one of the diagnostic criteria for phobias is that they get in the way of healthy daily living, they're not exactly one-size-fits-all. Fear of garlic breath, for instance, might be meaningless to a hermit, but to a Metro rider it's a living hell. Squeamishness about bugs doesn't have to be pathological, and, yes, I'll admit that I don't volunteer for silverfish management. But my



ERIC REECE

hunch, in your case, is that the very fact that you're asking if it's a problem means you know it is. Take heart, though — these sorts of phobias are among the easiest to treat. Find a good cognitive-behavioral therapist and, while you won't start waltzing with the roaches, you'll become a lot more able to handle them.

**Q** There is one woman in my circle of friends with whom I can't help but be competitive. I find that I am not as excited when good things happen to her as I am for the rest of my friends. She is nothing but nice to me, and even

though I am not as close to her as I am to some others in the group, I have no reason to wish her ill will. But I find that when she gets a promotion or has a great date or a great haircut, whatever — I seethe inside. I don't like to think of myself as a jealous person and I'm not proud of this. Is this normal?

—A JEALOUS JANE

Wow — so Angelina Jolie's friends read the column!

What matters more than whether this is normal — and it probably is, falling somewhere between secretly biting one's toenails and secretly eating them — is whether it's getting in the way of your well-being. Is this no-win competition making you feel so bad that it's dampening your general mood? Is your resentment getting in the way of happy hangouts with the rest of your circle? Are you starting to try to one-up her, rather than living life on your own terms and doing things because you truly want to?

If any of these answers is yes, or even, "Well, maybe, but I think I'll go eat some Fritos," then you might want to talk to somebody about it. It's quite possible that Pearl

the Perfect embodies 18 Achilles' heels of yours, as a living, breathing, good-date-having almanac of your insecurities. Or maybe she reminds you of someone with whom you never made peace. Or

**This falls between secretly biting one's toenails and secretly eating them.**

maybe — just maybe — she subtly jabs at you under the radar, and is somehow manipulative enough to make you feel at fault for not having warm fuzzies for her when she's the one who's hard to love.

Whatever the reason, jealousy can be corrosive — and explosive. Give yours some air by thinking and talking it through with somebody you trust, and you just might get to the bottom of your ire.

Send your mental-health and emotional-wellness questions to Andrea Bonior, Ph.D. at [baggage@readexpress.com](mailto:baggage@readexpress.com). This column is not a substitute for one-on-one care.



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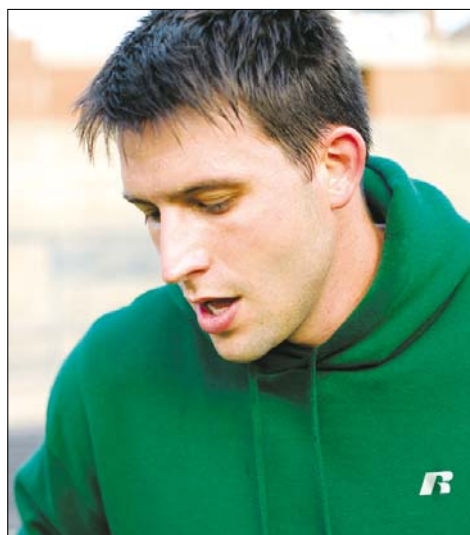




## Morning Glory

**LUNA BARS ALREADY TARGET** a subset of the nutrition bar-scarfing population — women. Now the company's aiming at a sub-subset — women in the morning. Luna Sunrise Bars, in Blueberry Yogurt, Strawberries & Creme and Vanilla Almond flavors, are a little more like granola bars than old-school Lunas, with an emphasis on "heritage grains" (amaranth, quinoa, spelt) and a tad less protein. The usual suspects are all present — omega 3s, soy and 5 grams of fiber. No aspect has much to do with morning (you can eat them anytime, of course) except the more cereal-like flavors.

NEW  
IN HEALTH  
**warm  
ups**



## Don't Sweat It

**THE WORD SWEATSHIRT** is completely literal. Whether they're hoodies or pullovers, they get icky quickly in hot weather. But not anymore, says Russell Athletic, which has just launched its Dri-Power line (available at sporting-goods stores). The shirts and pants look and feel like regular sweats, but they wick moisture away from your skin. Seriously. We took one on a two-mile walk in 80-degree weather and got very warm, but not all that wet. And they're awesome for dealing with offices that flip-flop between boiling and freezing.

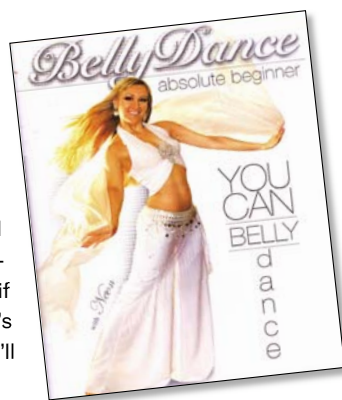


## Dieting for Dudes

**MEN LIKE TO EAT MAN FOOD**, which doesn't include the traditional diet fare of green salads and cottage cheese. But dudes still need to lose weight, so Nutrisystem for Men has been launched ([men.nutrisystem.com](http://men.nutrisystem.com)) to fill the void, with the help of spokesman Dan Marino, the former football star who's lost 22 pounds on the program. "I got to eat the foods I grew up with back in Pittsburgh — burgers, hot dogs, lasagna, pancakes, pot roast, meatballs — foods that guys love to eat," he raves in a press release. Of course, women on regular Nutrisystem can also get the "man foods," like a hamburger, above, and honey-mustard pretzels. (But don't tell the guys that.) On its television ads, Nutrisystem mentions the food, but also focuses on what may be a more effective way to get men to drop pounds — by telling them they'll get more action in bed.

## Shimmy to Get Slimmy

**HIP-HOPPERS OFTEN SCOFF** at belly dancing for being too slow to be a good workout. But they should try wiggling their hips for half an hour before they mock. In "Belly Dance Absolute Beginner" (\$13), the lovely Neon walks you through two dances with easy-to-follow directions that'll have you undulating in no time. The one problem? Her soothing voice is so gentle, you may be lulled into a nap. And if you choose the "step-by-step" option on the DVD, there's no music, which is also sedating. But if you can focus, you'll learn how to isolate your hips better than Shakira.



## Time for New Shoes?

**"WALKERS WEAR** their shoes way too long," said Bonnie Stein, a racewalking coach in Redington Shores, Fla. "They'll show me their soles and say, 'See, my shoes still have treads.' But well before your treads wear, your midsole shock absorbers die." At that point, your feet have to take over the shock-absorbing job. The result: chronic foot pain. Here are a couple of tips to determine when it's time to retire your old trusty sneakers:

- If you walk for 45 minutes to an hour a pop, three times a week, get a new pair of shoes every five months.
- If you walk that distance four times a week, hit the shoe store every four months.



→ Walk that far five times a week? Get replacements every three months.

→ Date your treads. What if you're not sure when you bought your last pair of sneakers — and, therefore, don't know when to replace them? Spring for the new set now and write the purchase date in the instep in ink as soon as you leave the store. Then you'll know when they expire. (REPRINTED BY PERMISSION OF PREVENTION MAGAZINE. © RODALE INC.)

PRODUCTS

## GearHead



## Get the Bocce Balls Rolling

**BALL SIZE DOES MATTER** when it comes to bocce, explained Matt Herzog, a board member of the D.C. Bocce League ([dcbocce.com](http://dcbocce.com)). Washington's teams don't play with a tournament-style set, which would feature 115 mm balls. They opt for 107 mm sets instead. "A smaller ball is easier on your hand," said Herzog. And because teams in the league are coed, the smaller size helps out the smaller-handed ladies.

Herzog suggests that when shopping for a set, you grip the balls to test for softness. "A harder ball lasts longer," he advised. But when it comes to brand, there's no reason to be picky. You can find a wide selection at big sporting-goods stores. The only other equipment you'll need to play bocce is a tape measure, used to determine whose ball is closest to the "pallina" ball.

The league's summer season starts today, so it's too late to join, but you're welcome to watch their matches at Garfield Park (or use the courts there on your own).

VICKY HALLETT (EXPRESS)

## VITALSTATS

# 1.5

NUMBER, IN MILLIONS, OF MEDICATION ERRORS MADE IN THE U.S. EACH YEAR, ACCORDING TO THE NATIONAL ACADEMY OF SCIENCES.



| THE EXPERTS

## TrainReaction

## Fleet or Flat?

**Q** I want to be able to run for longer periods of time, but I have flat feet and it hurts too much. Is there any way to fix this through exercise?

Flat feet are also referred to as "fallen arches." Some folks are born with the condition. In others, it can be caused over time by a muscle imbalance. If you sit too much, the outside of your leg — all the way from the iliotibial band of your thigh to the peroneals of your lower leg — can become very tight and pull at the outside of the foot, causing the inside of your foot to drop.

The first step in correcting this condition is to train either barefoot or in your socks. Stay on a bike for cardio — I don't recommend running for the flat-footed. If you must run, however, consider purchasing a pair of Nike Free sneakers. They allow your foot to determine how your sneaker moves when you run, which is the opposite of what common footwear does. In the gym, do plenty of single-leg squats and step-ups using an Airex balance pad to strengthen your glutes and stretch your iliotibial band, peroneals and the soleus muscle under your calf. Using the bio-foam roller for some self-myofascial release in these areas would also be beneficial in correcting flat feet.

**Matthew Blair Davis** is an award-winning personal trainer and president of **Functional Revolution Fitness** ([functionalrevolution.com](http://functionalrevolution.com)), which provides private personal training for Northern Virginia and D.C. E-mail him at [matt@functionalrevolution.com](mailto:matt@functionalrevolution.com).



GETTY IMAGES

# Unleash the Best

## Man's finest friend is also a terrific exercise pal

**Millions of people have a personal trainer living at home. But instead of following his orders to get up off the couch and take a trek around the block, most of these folks just scratch his ears and offer him a bone.**

"We routinely ask patients if they own a pet, because they don't think of it as exercise equipment," explained Dr. Robert Kushner, a weight-loss specialist and professor at Northwestern University. Fido can be the ultimate workout buddy, Kushner discovered after putting a group of overweight people through a program involving exercise with their dogs. "If I tell patients to go for

a walk on their own, it's drudgery," he said. But when dog owners take their furry friends for treks around the neighborhood, they enjoy it.

And as pooches are increasingly getting paunches due to lazy owners, it's critical for them to work out, too. So Kushner teamed up with Marty Becker, the resident veterinarian on "Good Morning America," to pen "Fitness Unleashed! A Dog and Owner's Guide to Losing Weight and Gaining Health Together" (\$14, Three Rivers Press).

Their plan is straightforward: Start walking. Becker recommends beginning with at least two blocks per 10 pounds of your dog's weight, and increasing each time

out. And, as a human, you should aim for quicker than a stroll. "The pace you want is moderately vigorous, like you're walking quickly toward a bus," Kushner advised.

For desk-bound folks who never break a sweat, walking can be a wonderful foundation for a more active lifestyle. To kick it up a notch cardio-wise, Kushner suggests running, rollerblading, hiking or cross-country skiing with your doggy.

Chances are your pet will go gaga for the extra exercise, perhaps unlike the neighbor you first enlisted to be your fitness buddy. "They're licking and barking, pulling your leg to get you to go for a walk. You wouldn't want your neighbor to do that,"

Kushner said. As Becker added: "You might want to take a night off to go to dinner, but pets never get a better offer. They'll nag you to life."

Even for avid runner Adrian Corbiere, having his Portuguese water dog Buddha around gets him up early for walks around Reston. "I'd exercise without him, but it's more fun with him," he said, plus it helps that an hour of play makes Buddha a calmer, more well-behaved dog.

When Corbiere is too busy to give Buddha a workout himself, he turns to DogOn Fitness (703-627-4462, [dogonfitness.com](http://dogonfitness.com)), a service with the slogan "We're more than a walk around the block." Although they offer dog walking, co-owner Carol Brooks emphasized that they will also run or swim with dogs, and they create playgroups that they ferry to locations where the pets can have their own rambunctious recess. By the end of the year, the company hopes to have a canine fitness center with dog treadmills and pools. "You could drop your pet off, do shopping and come back to get your dog," Brooks explained.

Of course, that won't do anything for your flab, so if you want to be as buff as your fluffy one, you need to keep walking. Is your pooch uncooperative? (Unlikely, unless there's a nail problem, said Becker.) Dogless? Find other pups you can exercise with, recommended Kushner.

The Washington Humane Society (202-723-5730 x208, [washhumane.org](http://washhumane.org)) can't find enough volunteers to help take each dog out for three walks a day. "We need them during the week, weekends, holidays, all the time," said volunteer coordinator Rebecca French, who added that many helpers know the excursions are as good for them as they are for the animals. "I've heard some volunteers call it their weekly workout." And there's no better end to an exercise session than a wagging tail. VICKY HALLETT (EXPRESS)

## VITALSTATS

4

NUMBER OF AUSTRALIAN CHILDREN, IN THOUSANDS, WHO WILL BE WEIGHED AND ASKED ABOUT THEIR DIET TO TACKLE OBESITY.

## running for congress

■ Rep. Todd Tiahrt

**GROWING UP ON A FARM**, Todd Tiahrt (R-Kan.) never had to think much about keeping in shape. Of course, that's because his chores included flinging around 100-pound hay bales. "I stacked 2,500 of those every summer," he remembers. Now he sticks to more traditional workouts, mainly jogging three times a week. V.H.



**"When I jog** in Alexandria, I have a route that goes through my neighborhood and what feels like the mountains. Kansas is much flatter. I just have to worry about the wind."

**"I've recently taken** up paddleball. It's like racquetball, but I'm not used to no ceilings and walls. So it's more difficult. I have to play more with my mind."

**"I'd like to play** more golf. I'm just starting to enjoy it. I like walking and carrying my bag, but I mostly play in Kansas because it's cheaper there."

**To de-stress**, Tiahrt favors video games: "a Tiger Woods golf game for Xbox" and "America's Army."

**"I eat oatmeal** in the mornings, but then I stay away from carbs."



# Perfect Postures

D.C. yogis can learn to bend it like Brown in teacher training

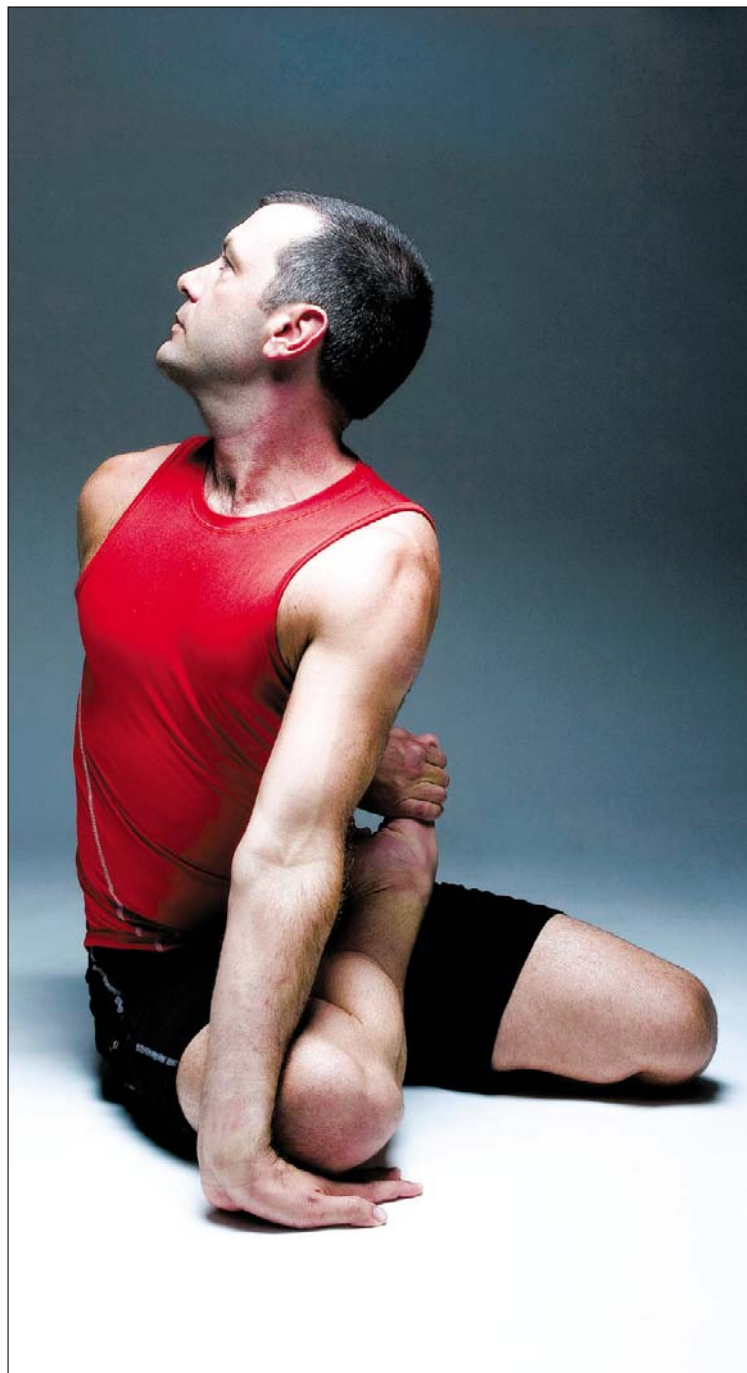
**No one is born with the power to get a room full of strangers to stand on one leg. To gain such authority, prospective yoga teachers must get trained. And luckily for D.C.'s wannabe yogis, Yoga Works, one of the country's most respected programs, is coming to town.**

"It's the Harvard of yoga teacher training," boasts James Brown, the former Washingtonian who's swooping in from L.A. to lead a class through a monthlong intensive starting July 31 at Georgetown Yoga (\$2,900, 1053 31 St. NW; 202-342-7779; georgetownyoga.com). The 41-year-old, who's been practicing yoga for nearly 15 years, is not kidding when it comes to cred.

**"People in D.C. are so in their brains. ... It's nice to be able to focus on your body."**

Yoga Works is responsible for many of the biggest names in American yoga instruction, including Shiva Rea and Baron Baptiste. NPR reporter Farai Chideya, who has been on an on-air quest to lose serious poundage, traveled to California recently to have Brown bend her into various poses. He's worked with celebrities, plying flexibility out of Sting, the Red Hot Chili Peppers and Rachel Weisz. And perhaps you've heard of his most famous client: Tipper Gore. "My practice with her was to make her comfortable, and get her to a place where she wasn't the vice president's wife," he said of their campaign-time sessions.

This time he'll be working with folks eight or nine hours each day to instill in them the Yoga Works system, which emphasizes ordering poses effectively. He aims to pass on



his knowledge of postures, anatomy and how to conduct a class that's "accessible and effective." Safety is another critical lesson: "Our philosophy is that we want them practicing when they're 90."

Although Brown got hooked on yoga in D.C., this is the first time the prestigious Yoga Works has brought any teachers from its bases in California and New York here. And Brown thinks it's about time. "People in D.C. are so in their brains all of the time. I love the education people have had, but when you live in your head like that, it's

nice to be able to focus on your body and your breath," he said. "I think we could do a lot of good by teaching people in positions of power. It puts relationships into perspective and makes you more compassionate. I'm looking forward to the people I train working with leaders."

He'll have more chances in 2007. The response from the summer class has convinced Yoga Works to plan two more sessions: January through May weekends-only training to accommodate those with day jobs, and an August monthlong intensive.

VICKY HALLETT (EXPRESS)

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| STUDIES

## Stethoscope



### Listen Up, Kids

They might live longer, but young 'uns aren't going to hear much in their golden years, according to a British survey. It found that 14 percent of those surveyed between the ages of 16 and 34 listened to personal music players 28 hours a week. Almost 40 percent didn't realize that listening to loud music could cause hearing damage. Deafness Research UK predicts members of this generation will lose their hearing 30 years before their parents will (or have).

### The '90s Are Back

So it caused heart disease! Fen-Phen wasn't all bad — it did effectively help people lose weight. So researchers started giving the banned stuff to mice, identified how it affects serotonin and published their findings in the July 20 issue of "Neuron." Now the trick is to develop a drug that does the job without nasty side effects, so overweight folks can use it like the nicotine patch to break their food addictions.

### Spotting Spots Sooner

Body maps aren't just useful as guides to Christina Aguilera's piercings. In a Brown University study, published in the August issue of the Journal of the American Academy of Dermatology, researchers found that people who mapped the moles on their torsos onto body drawings were quicker at noting new growths than those who relied on memory alone. This could be used to help people spot melanomas before they spread to other body parts. When caught early, victims have a 95 percent survival rate.

# Back Away, Bacteria!

How to zap germs and viruses out of your daily routine

**Even if avian flu never enters America, it's already in our heads. We checked with the Centers for Disease Control and Prevention, and as of right now, the only pandemic is fear.**

But that's the thing with bugs, whether they're cutting-board bacteria or ultravirulent viruses: They are the ultimate invisible enemy, often infecting us with anxiety before they've triggered a single immune response. The key to staying safe is knowing which ones are worth worrying about.

### The Cell Phone

→ **WHAT'S LURKING:** Methicillin-resistant Staphylococcus aureus (MRSA). When University of Arizona researchers tested 25 cell phones, 20 percent came up positive for MRSA, which can be deadly if it enters the bloodstream. "When was the last time you cleaned your cell phone? I'm willing to bet never," said Charles Gerba, Ph.D., the study's lead researcher and co-author of "The Germ Freak's Guide to Outwitting Cold and Flu." "These things are very germey, especially the keypads and mouthpieces."

→ **HOW TO BEAT IT:** Sanitize your cell once a week with Clorox Disinfecting Wipes (or any of the supermarket-brand clones). "The wipes won't get into the internal



GETTY IMAGES

parts of the phone and damage it the way a spray might," said Gerba.

### The Shower

→ **WHAT'S LURKING:** Methylobacter and Sphingomonas. Germs thrive in warm, wet environments, which is why they like showering with you. When Norman Pace, Ph.D., a professor of molecular biology at the University of Colorado at Boulder, tested five plastic shower curtains — including his own — he discov-

ered millions of microbes lining every square inch, with 80 percent being either Methylobacter or Sphingomonas. "We know people get sick for reasons we can't put our finger on. This could be one of them," Pace said.

→ **HOW TO BEAT THEM:** Make your shower less inviting for infectious agents. Pull the curtain all the way closed after you're finished. This will help prevent bacteria from thriving inside the plastic folds. Or, better

yet, opt for a fabric shower curtain and an all-metal showerhead. If you go with a cloth curtain, toss it in the washing machine once a month, using the hottest water the fabric can handle.

### Hospitals

→ **WHAT'S LURKING:** Clostridium difficile. Also known as C. diff, this bacteria has been causing diarrhea in hospitals for decades. Ironically, the

**"When was the last time you cleaned your cell phone? I bet never."**

bug remains dormant inside healthy people until they begin popping certain antibiotics, which eliminate beneficial bacteria that keep C. diff in check.

→ **HOW TO BEAT IT:** If you're going to be laid up in the hospital for more than a day, make sure your menu includes yogurt that contains "live" or "active" cultures. You'll be ingesting L. acidophilus, one of those good bacteria that can beat C. diff but is killed off by antibiotics.

### Airplanes

→ **WHAT'S LURKING:** Norovirus. What most travelers don't realize, however, is that this bug can hijack airplanes. A recent CDC study of a flight from London to Philadelphia shows that 9 percent of the passengers and more than half of the crew were stricken with diarrhea and/or vomiting within 18 to 60 hours of the flight.

→ **HOW TO BEAT IT:** Assume that the flight attendants are infected. So if they hand you a beverage, drink it with a straw. And if they serve you a prepackaged meal, sanitize your hands after opening it. Not packing Purell? Soap and water is fine, but avoid whichever restroom the flight attendants are using. JENNIFER EVERETT (REPRINTED BY PERMISSION OF MEN'S HEALTH MAGAZINE. © RODALE INC.)



## hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

**Do you feel as though** you're observing yourself from the outside? Does your life seem unreal, as if you're dreaming or acting in a play? Do you find these feelings difficult to describe to others? Are you panicked, anxious and/or frightened? You may have **DEPERSONALIZATION DISORDER**, a mental illness that causes pronounced feelings of detachment. One saving grace: Patients know their lives are real, despite their feelings to the contrary — in other words, they still have some semblance of a grip. Extreme stress is often a trigger, and the disorder is treated with psychotherapy.

SOURCE: NATIONAL ORGANIZATION FOR RARE DISORDERS, MERCK MANUAL. NOT A SUBSTITUTE FOR MEDICAL CARE.



THE EXPERTS

## ChewOnThis

## Pumping Iron

**Q** My doctor wants me to take iron supplements. Is there a way to get more iron through the foods I eat instead?

While many different foods contain iron, the iron in some foods is better absorbed than that in others. Meats like liver, beef, venison, turkey and chicken contain the most iron — and it's the kind most readily absorbed by the body. But if you don't eat meat (often the cause of iron deficiency), try fortified breakfast cereals, many of which contain 100 percent of the Food and Drug Administration's suggested Daily Value.



Vegetables like spinach and turnip greens (and even potatoes — bake them and eat the skins) also contain iron, but in a less absorbable form. You'd need to eat large amounts of these foods every day to meet the Daily Value.

Another tip: Eating high-iron foods with vitamin C-rich foods will help boost the potency of the iron by enhancing its absorption. Foods high in C include oranges, grapefruit, tomatoes, spinach and strawberries. Try iron-fortified cereal with strawberries, or a spinach salad with diced chicken and orange slices.

**Kristen Ciuba, MS, is the nutritionist at Results the Gym, in Washington, D.C. She also implements corporate nutrition programs for local companies. E-mail her at [nutrition@readexpress.com](mailto:nutrition@readexpress.com)**

# '30 Days' of Diet Hell

Morgan Spurlock has tricks for keeping his figure even in jail

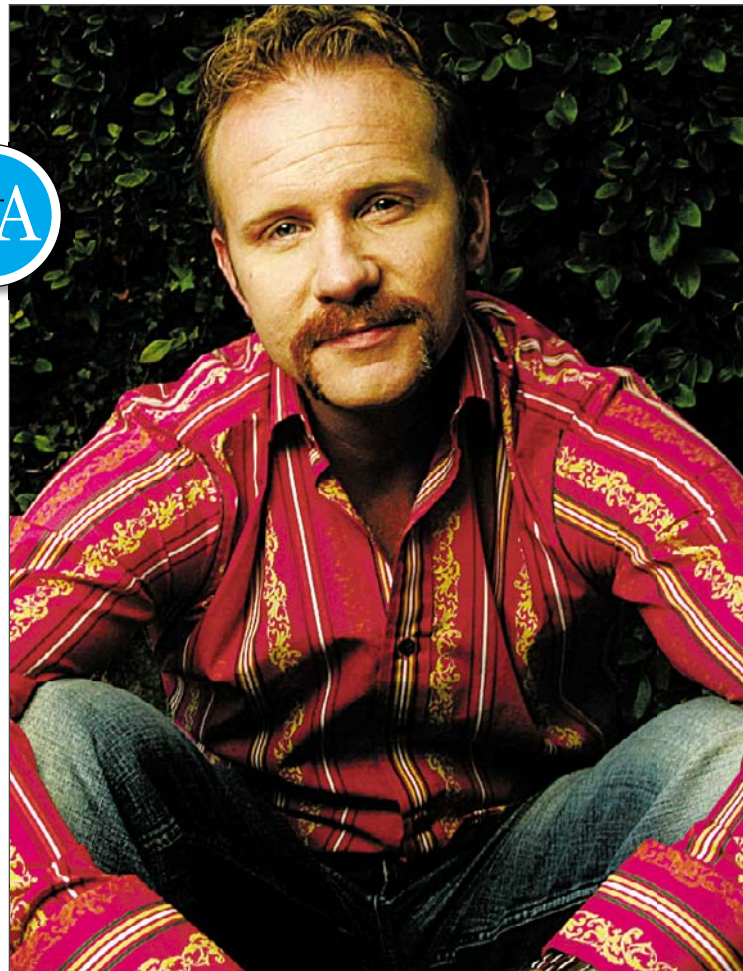
By stuffing his face with Big Macs and practically killing himself in the process for his documentary "Super Size Me," Morgan Spurlock became the anti-fast-food poster boy. His FX series "30 Days" uses a similarly immersive method to explore other parts of American society, often touching on the health aspects of various lifestyles.



In season one, available on DVD (\$27), he had an athlete try anti-aging techniques, got a mom to binge drink like her daughter and got city folks to live off the grid in an eco-village where they grew and ate their own organic food. The second season premieres July 26 at 10 p.m., and Express' Vicky Hallett talked to him about the physical toll of his challenges.

**Last season, you lived on minimum wage. How hard was it to eat healthy?**

I was really lucky. If I hadn't had Alex [his wife] with me, I wouldn't have eaten as well as I did. We were only spending \$40 a week on food, and when I'm in New York, I spend \$10 on just a lunch. But she was cooking and it was healthy food — beans and rice, fresh vegetables. It was kind of a Third-World diet, but it was good and hearty. If I'd been on my own, I would have spent more money on stuff in cans that I could just reheat. I was working two jobs, so when I got home, I was thinking, "What? Am I going to cook something now?"



On this season of "30 Days," don't miss episode four, "New Age." 37-year-old Joe from Jersey tries tribal dancing, yoga, acupuncture and walking on coals.

**Did you ever consider going to McDonalds?**

Not one time ever. For me, I couldn't handle even the idea of grabbing something off of the dollar menu. I feel that a lot of the people who eat this food fall into the idea that it's too hard to cook. So, I was really fortunate.

**And this season, you went to jail. Where the food was fantastic.**

**I'm sure.**

You're eating food loaded with carbs, a lot of breads and potatoes. Because they just want to tide you over to the next meal. It's not based on any nutrition. The prison spent

an average of 69 cents per inmate per day on food.

**Anything about it you liked?**

I liked leaving.

**How about exercise?**

Where I was in jail, they get to exercise one day a week for an hour. I would walk around the day room, and 35 laps is a mile. So I would do that a few times a week, along with push-ups and sit-ups. Anything to stay active.

**When you prepare for these challenges, how concerned are you about your health?**

I'm concerned every time. I read and study a ton. But the most important thing for me is to stay in the best physical shape possible. If I don't, I get depressed and I'm not on the top of my game. If I'm feeling good, I can take in more of what's happening.

**What do you do to stay in shape regularly?**

I ride a bike, run. I hike in the mountains.

**And you eat a lot of hearty vegan fare?**

I do when Alex likes to cook. She's not so much on the cooking right now because she's pregnant. But she's getting over the nausea stage, which is good.

**So you've been doing the cooking for her?**

I have a little bit, but she doesn't want anything right now.

## Chill, Tomato-Phobes

### ■ Red Grape Gazpacho With Quenelles

For days when you're looking for something cool and refreshing but healthy to serve as a first course or as a refresher on its own, chef Terry Conlan at Lake Austin Spa Resort, in Austin, Texas, suggests whipping up a gazpacho. (AP)

**INGREDIENTS, GAZPACHO:** 4 cups seedless red grapes; 1 small cucumber, peeled, seeded, chunked; 1/2 cup diced red onion; 1 teaspoon minced garlic; 1 cup red grape juice; 1/4 cup mild vinegar, preferably rice vinegar, or white wine; 3/4 teaspoon salt; 3/4 teaspoon hot pepper sauce; 1 1/2 tablespoons olive oil.

**INGREDIENTS, QUENELLES:** 2 ounces goat cheese; 3 ounces reduced-fat cream



cheese; 2 tablespoons fat-free half and half; 1 1/2 teaspoons minced chives; 1 1/2 teaspoons minced fresh oregano; pinch of salt

**MAKING IT:** Puree all and chill. Serve gazpacho in chilled bowls. Top serving with small scoops of cheese mixture, i.e. quenelles. Makes six, 3/4-cup servings.

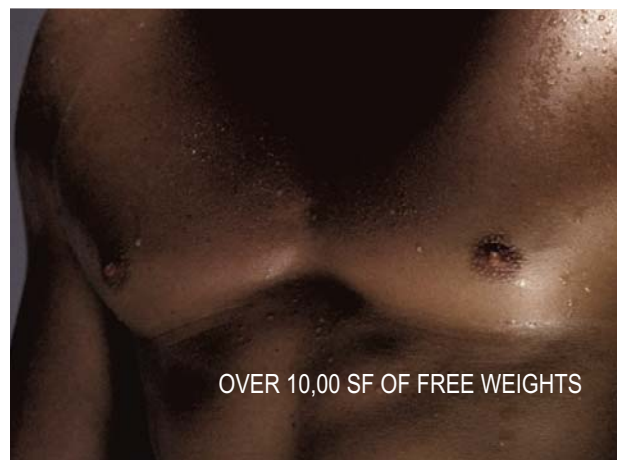


**PER SERVING:** 151 cal., 3 g pro., 23 g carbo., 5.6 g fat





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